



**CROWSNEST PASS**  
*Naturally Rewarding*

MUNICIPALITY OF CROWSNEST PASS

Community Guide

Fall/Winter 2016



[www.crowsnestpass.com](http://www.crowsnestpass.com)

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## MUNICIPAL COUNCIL CONTACTS

### Mayor Blair Painter

ph: 403-563-0700

e: [blair.painter@crowsnestpass.com](mailto:blair.painter@crowsnestpass.com)

### Councillor Marlene Anctil

ph: 403-562-8180

e: [marlene.anctil@crowsnestpass.com](mailto:marlene.anctil@crowsnestpass.com)

### Councillor Dave Filipuzzi

ph: 403-564-4013

e: [dave.filipuzzi@crowsnestpass.com](mailto:dave.filipuzzi@crowsnestpass.com)

### Councillor Doreen Glavin

ph: 403-564-4195

e: [doreen.glavin@crowsnestpass.com](mailto:doreen.glavin@crowsnestpass.com)

### Councillor Bill Kovach

ph: 403-564-4709

e: [william.kovach@crowsnestpass.com](mailto:william.kovach@crowsnestpass.com)

### Councillor Shar Cartwright

ph: 403-563-0563

e: [shar.cartwright@crowsnestpass.com](mailto:shar.cartwright@crowsnestpass.com)

### Councillor Dean Ward

ph: 403-563-4128

e: [dean.ward@crowsnestpass.com](mailto:dean.ward@crowsnestpass.com)



From left to right:

Marlene Anctil, Dave Filipuzzi, Bill Kovach, Mayor Blair Painter, Shar Cartwright, Dean Ward, Doreen Glavin

## MESSAGE FROM THE MUNICIPALITY

Welcome to the Municipality of Crowsnest Pass Community Guide. As part of Municipal Council's ongoing commitment to serving and informing the public, the Community Guide is an initiative that is published twice a year: Spring/Summer (April to August) and Fall/Winter (September to March). This publication is a comprehensive guide to community facilities, sports, recreation, social programs, parks, arts, culture and more. This year we are also pleased to include the Adult Education 2016-17 Program Guide. As such, it is an invaluable resource for all residents and tourists.

As you will see throughout the guide, there is significant investment and commitment to supporting various leisure and social opportunities in the municipality. These opportunities are vital to the quality of life in our community, and we encourage you to get out and try something new.

Thank you to all the organizations and groups that offer their programs and services in the community, and for their contributions to the Community Guide.

*Mayor & Council*  
Mayor Blair Painter



# Department of Community Services Information

## SERVICES:

- Facility Bookings/Rentals
- Program Registration
- Parks & Facility Maintenance
- Community Events & Programs
- Family & Community Support Services
- Resource Referrals
- We accept Cash, Cheque, Debit, Visa, and Mastercard for payment.

## PROGRAM REGISTRATION:

Program Registration is available in person at the Community Services Department, phone 403-563-2208 at or visit [cnp.recdesk.com](http://cnp.recdesk.com).

## INFORMATION ON KIDSPORT:

Please contact Tracey at 403-562-2208 for Kidsport Application forms or Kid Sport Crowsnest Pass at [kidsport.ca](http://kidsport.ca)

## ABOUT THE COMMUNITY GUIDE:

The Municipality of Crowsnest Pass will produce a Community Guide twice a year. The Spring/Summer & Fall/Winter Community Guides will be created to promote community events, activities, amenities and services which have a recreation, health, leisure, educational, sport, art or cultural theme. This Guide also includes the Adult Education 2016-17 Program Guide.

## GUIDE DISTRIBUTION:

The guide will be available on the Municipality's website, at the Municipal Office in Coleman & the Community Service Department Office located in the MDM Community Centre in Bellevue.

## UPCOMING FALL/WINTER COMMUNITY GUIDE SUBMISSION:

To have your community information and events in the upcoming Spring/Summer 2017 Recreation & Community Guide, please contact: Kim at [kim.lewis@crowsnestpass.com](mailto:kim.lewis@crowsnestpass.com) or 403-563-2207 by **FEBRUARY 3, 2017.**

Office located at M.D.M. Community Centre  
2802 - 222 Street, Bellevue  
P.O. Box 600 | Crowsnest Pass, Alberta | T0K 0E0  
Main ph: 403-563-2209

Regular Office Hours  
8:30am to 4:30pm Monday to Friday  
Closed from 12:00pm to 1:00pm & Stat Holidays

## DEPARTMENT CONTACTS:

### Director of Community Services

Lyle Hannan  
ph: 403-563-2214  
e: [lyle.hannan@crowsnestpass.com](mailto:lyle.hannan@crowsnestpass.com)

### Project Manager

Brad Murray  
ph: 403-583-0124  
e: [projectmanager@crowsnestpass.com](mailto:projectmanager@crowsnestpass.com)

### Recreation Programmer

Tracey Linderman  
ph: 403-563-2208  
e: [tracey.linderman@crowsnestpass.com](mailto:tracey.linderman@crowsnestpass.com)

### FCSS Programmer


Kim Lewis  
ph: 403-563-2207  
e: [kim.lewis@crowsnestpass.com](mailto:kim.lewis@crowsnestpass.com)

### Administrative (Facility Booking) Assistant

Carrie Baher  
ph: 403-563-2209  
e: [carrie.baher@crowsnestpass.com](mailto:carrie.baher@crowsnestpass.com)

### Community Services Lead Hand

Sam Marra  
e: [sammy.marra@crowsnestpass.com](mailto:sammy.marra@crowsnestpass.com)

	Municipality of Crowsnest Pass
<b>VISIT OUR WEBSITE</b>	<a href="http://www.crowsnestpass.com">www.crowsnestpass.com</a> Details on Departments, Employment Opportunities, News & Press Releases, list your organization's events, and more!
<b>VISIT RECDESK</b>	<a href="http://cnp.recdesk.com">cnp.recdesk.com</a> Access to facility information, schedules & program registration



# Municipal Services Information

## General Information

Office Hours:  
Monday - Friday  
8:30am - 4:30pm

8502 - 19 Avenue, Coleman  
P.O. Box 600, Blairmore, AB T0K 0E0  
403-562-8833

We accept Cash,  
Cheque, and Debit  
for payment.

### Utilities

The Municipality provides water, wastewater, solid waste, and recycling services. Bills are due bi-monthly or residents can sign up for monthly pre-authorized payments. For more information or to sign up for pre-authorized payments, contact the Utility Department at [utilities@crowstpass.com](mailto:utilities@crowstpass.com).

### Business Licenses

All businesses that operate in the Crowstpass require a valid business license; some will require a Development Permit prior to applying for a business license. Business licenses are renewable yearly. For more information please phone 403-563-2218 or email [development@crowstpass.com](mailto:development@crowstpass.com).

### Property Taxes

Property taxes are due annually on June 30. Assessments and tax notices are mailed by April 30 of each year. We offer a monthly pre-authorized payment program free of administration fees. For more information, contact our Tax Department at [taxroll@crowstpass.com](mailto:taxroll@crowstpass.com).

### Dog Licenses

All dog owners in the Crowstpass must license their dogs in accordance with Bylaw No. 897, 2014. Dog licenses are available at the Municipal Office and are renewable annually. For more information, please contact the Main Office at 403-563-8833 or email [reception@crowstpass.com](mailto:reception@crowstpass.com).

### Service Plus

The Municipality offers a Service Plus Program each spring and fall that allows residents to bring larger household items that cannot be collected during normal weekly garbage pick-up. This includes large household items such as furniture or appliances; fridges and freezers containing Freon will be charged a \$25.00 fee.

Service Plus is not intended for commercial or construction materials or grass clippings; no toxic materials will be accepted including tires, oil, paint, and electronics.

The Fall 2016 dates for Service Plus will be scheduled as 2 consecutive days offered each month in September, October and November. Please visit [www.crowstpass.com](http://www.crowstpass.com), or our Facebook page for updates.

If you have any questions regarding the types of items that will be accepted at the Service Plus, please phone the Operations Department at 403-563-2220.

### Community Yard Waste Site

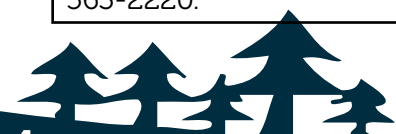
The Yard Waste site is a place where residents can bring their organic materials such as tree branches, grass clippings, and leaves. Anything larger than 6" in diameter will not be accepted; all loads are subject to inspection.

The Yard Waste Site will remain open until the first snowfall of the season.

Monday - Friday  
7:30am-12:00pm and 12:30pm-2:30pm  
Saturdays 11:00am-2:00pm  
1152 - 148 Street, Frank Industrial Park

### Cemetery Work Permits

Before replacing, repairing or installing a new headstone or memorial item in any of the Municipality's six cemeteries, please stop by the Municipal Office and take out a Cemetery Work Permit. Permits must be on-hand while work is ongoing. If you are unsure whether you need a permit, please phone 403-563-2220.



# Municipal Services Information

## Residential Garbage Collection

Residential Garbage is collected on a weekly basis. A maximum of 5 bags in approved animal proof containers will be picked up each week. Receptacles must not exceed 84 litres nor weigh more than 23 kg when filled. It is the owner's responsibility to ensure that animals do not get into the garbage prior to collection. Please visit [www.crowsnestpass.com](http://www.crowsnestpass.com) for the holiday collection schedules.

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Blairmore:</b> North side of CPR tracks, a few streets on south side.  <b>Frank</b>	<b>Blairmore:</b> South side of CPR tracks.  <b>Bellevue</b>  <b>Hillcrest:</b> North side of Drum Creek	<b>Coleman:</b> Willow Drive, Carbondale, Tecumseh, Old Blairmore Road, South of CPR tracks, Bushtown, Ironstone.	<b>Coleman:</b> North side of Hwy 3, Sentinel.	<b>Coleman:</b> South side of Hwy 3.  <b>Hillcrest:</b> South side of Drum Creek

## Municipal Snow Removal

The Municipality's Operations Department is responsible for approximately 180km of roadways and is responsible for providing safe and accessible roadways and facility access for the public while offering an efficient and economical service to the community. Municipal equipment will not enter upon private lands nor carry out snow clearing operations on privately owned lands. To view the complete Policy #2300-02, please visit [www.crowsnestpass.com](http://www.crowsnestpass.com).

The Operations Department clears snow from public roadways according to a 5 level priority system:

**Level "A" Routes** include all major transportation routes (arterial) within the Municipality, emergency vehicle accesses, commercial core business areas, and roadways with major slopes.

**Level "B" Routes** include distribution routes (collector) as well as school zones and industrial areas.

**Level "C" Routes** include the remainder of roadways specifically in residential areas under Levels A and B as well as direct access laneways.

**Level "D" Routes** include laneways, municipal owned parking areas, and recreational roadways.

**Level "E" Routes** include recreational accesses and the removal of snow in commercial areas to facilitate parking and remaining snow ridges across residential driveways.

If your boulevard is damaged during regular snow clearing operations, please phone the Operations Department at 403-563-2220.

After a major snow fall, please remove vehicles from the streets to allow snow clearing equipment to provide curb to curb winter road maintenance. Additionally, all Recreational Vehicles (RVs) must be removed from Municipal streets prior to October 1 each year. Removal of RVs by this date ensures that winter road maintenance can be completed safely and without damage to vehicles. Any person who does not remove their RV from Municipal streets by October 1 will be fined \$250 for the first offence in accordance with Bylaw 798, 2010 - Community Standards Bylaw.



# Municipality of Crowsnest Pass Facility Information

## ALBERT STELLA MEMORIAL ARENA

12602 - 17 Avenue, Blairmore, AB

The Complex contains a Turf Arena as well as an Arena with a Skate Park, Climbing Wall and Gymnastics area.

### ARENA RATES (Turf or Skate Park/Climbing Wall)

	2016	2017
Commercial Hourly Rate	\$76.50	\$78.00
Commercial Daily Rate	\$535.50	\$546.00
Adult Hourly Rate	\$51.00	\$52.00
Adult Daily Rate	\$357.00	\$364.00
Youth Hourly Rate	\$28.05	\$28.60
Youth Daily Rate	\$196.35	200.20



## BALL DIAMONDS

Isabelle Sellon Ball Diamond #1 (East) 12602 - 17 Avenue, Blairmore, AB  
Isabelle Sellon Ball Diamond #2 (West) 12602 - 17 Avenue, Blairmore, AB



Hillcrest Ball Diamond #1 (East) 8 Avenue, Hillcrest, AB  
Hillcrest Ball Diamond #2 (West) 8 Avenue, Hillcrest, AB



### BALL DIAMOND RATES

	2017
Adult Season Rate (per player)	\$22.00
Youth Season Rate (per player)	\$8.00

## ELKS HALL

2025-129 Street, Blairmore, AB

The Elks Hall contains a large banquet hall and kitchen, pull out stage, and seats a maximum of 200 people.

ELKS HALL RATES	2016	2017
Commercial Hourly Rate	\$54.00	\$55.50
Commercial Daily Rate	\$378.00	\$388.50
Adult Hourly Rate	\$36.00	\$37.00
Adult Daily Rate	\$252.00	\$259.00
Youth Hourly Rate	\$19.80	\$20.35
Youth Daily Rate	\$138.60	\$142.45



## M.D. McEACHERN COMMUNITY CENTRE

2802-222 Street, Bellevue, AB

The community centre houses a gymnasium, meeting room spaces and community group lease space.

MEETING ROOM RATES	2016	2017
Commercial Hourly Rate	\$27.00	30.00
Commercial Daily Rate	\$189.00	\$210.00
Adult Hourly Rate	\$18.00	\$20.00
Adult Daily Rate	\$126.00	\$140.00
Youth Hourly Rate	\$9.90	\$11.00
Youth Daily Rate	\$69.30	\$77.00

### GYMNASIUM RATES

	2016	2017
Commercial Hourly Rate	\$76.50	\$78.00
Commercial Daily Rate	\$535.50	\$546.00
Adult Hourly Rate	\$51.00	\$52.00
Adult Daily Rate	\$357.00	\$364.00
Youth Hourly Rate	\$28.05	\$28.60
Youth Daily Rate	\$196.35	\$200.20

Prices include GST. Statutory Holidays & Non Resident rentals are 150% of the Applicable Adult rate.

# Municipality of Crowsnest Pass Facility Information

## CROWSNEST SPORTS COMPLEX

8702-22 Avenue, Coleman, AB

The Crowsnest Sports Complex includes the municipal ice skating rink, curling rink, curling lounge, kitchen, and meeting room.

MEETING ROOM RATES		
	2016	2017
Commercial Hourly Rate	\$27.00	\$30.00
Commercial Daily Rate	\$189.00	\$210.00
Adult Hourly Rate	\$18.00	\$20.00
Adult Daily Rate	\$126.00	\$140.00
Youth Hourly Rate	\$9.90	\$11.00
Youth Daily Rate	\$69.30	\$77.00



## SPORTS COMPLEX ARENA ICE RATES

2016-March 2017

Adult Hourly Rate	\$118.00
Adult Non-Prime Rate	\$59.00
Youth Hourly Rate	\$64.90
Youth Non-Prime Rate	\$32.45

## SPORTS COMPLEX (NO ICE) RATES 2017

Commercial Hourly Rate	\$78.00
Commercial Daily Rate	\$546.00
Adult Hourly Rate	\$52.00
Adult Daily Rate	\$364.00
Youth Hourly Rate	\$28.60
Youth Daily Rate	\$200.20

## CURLING LOUNGE RATES 2016 2017

Commercial Hourly Rate	\$54.00	\$55.50
Commercial Daily Rate	\$378.00	\$388.50
Adult Hourly Rate	\$36.00	\$37.00
Adult Daily Rate	\$252.00	\$259.00
Youth Hourly Rate	\$19.80	\$20.35
Youth Daily Rate	\$138.60	\$142.45

## SOCCER FIELDS

SOCCER FIELD RATES		2017
Adult Season Rate (per player)		\$16.00
Youth Season Rate (per player)		\$6.00

### Booking:

For booking Parks & Recreation Facilities, or for enquiries, please contact Carrie  
 ph: 403-563-2209 or  
 e: [carrie.baher@crowstnepass.com](mailto:carrie.baher@crowstnepass.com)

### Cancellations & Refunds for Facilities & Programs:

To view Facility & Program Cancellations & Refund Policy, please visit Rec Desk - Forms and Documents or contact Carrie at [carrie.baher@crowstnepass.com](mailto:carrie.baher@crowstnepass.com).

CCHS High School Soccer Field, 8901 - 20 Avenue, Coleman, AB



Horace Allen Soccer Field 2002 - 76 Street, Coleman, AB



Isabelle Sellon Soccer Field - 19 Avenue and 126 Street, Blairmore, AB



Prices include GST. Statutory Holidays & Non Resident rentals are 150% of the Applicable Adult rate.



# Community Facility Information

## HILLCREST FISH & GAME HALL

Hall available for rental  
 • Full size kitchen

For Hall bookings, contact:  
 Bruce MacPhail  
 ph: 403-562-8302  
 22802 - 8 Avenue, Hillcrest



## LIONS PRIDE HALL



12130 - 20 Avenue, Blairmore

For Hall Bookings please contact  
 403-562-2821

Available for private rentals  
 all year round.

## SENIORS CENTRES



### COLEMAN SENIORS DROP IN CENTRE

7801 - 18th Avenue, Coleman, AB  
 ph: 403-563-3665  
 e: cnpcolemanseniors@gmail.com

### BELLECREST SENIORS CITIZENS CLUB

2413 - 21 Street, Bellevue, AB

For Information on Hall Rental  
 Contact Gerri Keohane  
 ph: 403-753-0807



[www.bellevueundergroundmine.org](http://www.bellevueundergroundmine.org)

The Bellevue Underground Mine is a Museum based, family oriented, Historic Underground Coal Mining Museum tour site that allows its visitors the opportunity to gear up with a miner's helmet and lamp to explore the rich cultural heritage of Western Canada's ONLY HISTORICALLY AUTHENTIC UNDERGROUND COAL MINE TOUR!

#### Office & Museum Hours of Operation:

May-August 10:00am - 6:00pm 7 days a week	September-October 9:00am - 5:00pm Monday - Friday	November-May 9:00am - 5:00pm Monday - Friday
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Please call for schedule of public tours or to book a group tour.

2531-213 Street, Bellevue

ph: 403-564-4700

## CROWSNEST PASS POLISH HALL



The Crowsnest Pass Hall Society maintains the Polish Hall in Coleman and makes it available for rental.

We boast of "The Best Dance Floor in the Pass."

1406 - 82 Street, Coleman, AB

ph: 403-563-5134

## ROYAL CANADIAN LEGION COLEMAN BRANCH NO. 9

Banquet Hall and Meeting  
 Room available for public use

7831 - 17 Avenue, Coleman  
 Debby Greenwood  
 ph: 403-563-5480  
 e: branch9@shawbiz.ca





# Community Facility Information

## CROWSNEST PASS SPCA

ph: 403-564-4999  
e: office@cnpspca.ca  
22213 - 9 Avenue  
Hillcrest, Alberta



Our hours of operation are:  
Monday to Friday from 12:30pm - 3:30pm.  
Should you not be able to visit during these hours, call us and alternate arrangements can be made.

## HOLY TRINITY CATHOLIC CHURCH

13126 - 21 Avenue,  
Blairmore

Hall Rentals Available

Contact the Parish Office  
ph: 403-562-2103



## CROWSNEST PASS FOOD BANK

Monday: 5pm - 7pm  
Wednesday: 5pm - 7pm  
Thursday: 11am - 2pm

11910 - 19 Avenue, Blairmore  
ph: 403-564-5110  
e: cnpfoodbank@shaw.ca

CrowsnestPass FoodBank



Helping to feed those in need in the Crowsnest Pass for almost 16 years.

## CROWSNEST WEIGHT LIFTING CLUB



The Weight Lifting Club has all the equipment necessary for weight training and cardio fitness. Membership for ages 15 and over. Membership packages available at Water Magic.

11922 - 22 Avenue, Blairmore  
Denise Coccioloni ph: 403-563-0773

## CROWSNEST MUSEUM & ARCHIVES



Hours: June - September: 7 days a week, 9:00 am - 5:00 pm

October - May: Monday to Saturday, 9:00 am - 5:00 pm

See history come to life at the Crowsnest Museum through two floors of displays featuring thousands of local artifacts and photos.

Visit our Facebook page or website for upcoming weekend programs, special events, local stories and more!

Crowsnest Museum @crowsnestmuseum

7701 - 18 Avenue, Coleman, AB Phone: 403-563-5434  
www.crowsnestmuseum.ca

## FRANK SLIDE INTERPRETIVE CENTRE



Open Daily, Year Round:

Summer Hours: July 1 - Labour Day  
9:00am - 6:00pm

Hours for the remainder of the year  
10:00am - 5:00pm

Closed: Christmas Eve, Christmas Day,  
New Years Day & Easter Sunday

Feel the impact of the Frank Slide story in an interactive and creative setting through first-hand accounts by the people who lived through the destruction. Get a crow's eye view of the Crowsnest Pass.

A 3-Dimensional model and multi-layered interpretive exhibits will satisfy your curiosity about the rich seams of history in this coal mining community.

Located 1.5 km off Highway #3 in the Municipality of Crowsnest Pass, AB  
Section 31, Twp. 7, Range 3, W5M

ph: 403-562-7388 e: info@frankslide.com

www.frankslide.com



# Community Facility Information

## CROWSNEST COMMUNITY LIBRARY



Access to over 900,000 items, 20,000 digital magazines, e-books & e-audiobook collections, as well as online databases for research!

Children, adult and family programming.

Public access to computers, internet and wifi.  
Meeting rooms available for public use.

Mon, Wed & Fri:  
9:00am - 6:00pm  
Tues & Thurs:  
9:00am - 8:00pm  
Saturday:  
12:00pm - 4:00pm  
(Closed Saturdays from Jun-Aug)



Crowsnest Community Library

2114 - 127 Street, Blairmore, AB  
ph: 403-562-8393  
e: help@crowsnestpasslibrary.ca

[www.crowsnestpasslibrary.ca](http://www.crowsnestpasslibrary.ca)



Crowsnest Pass Public Art Gallery

Crowsnest Pass  
Public Art Gallery

**Open Daily! Free Admission!**

OPENING HOURS

Mon - Thurs: 10am - 3pm

Fri: 10am - 1pm & 2pm - 4pm

Weekends & Holidays: 1pm - 4pm

## CROWSNEST PASS ALLIED ARTS ASSOCIATION & PUBLIC ART GALLERY

**ART GALLERY UPCOMING SHOWS** ~ Everyone welcome & admission is free! Join us for refreshments, meet the artists and enjoy the art.

### IN THE GALLERY 2016/2017

**September 3 - October 2** ~ "The Alleyway" - Solo exhibition from Justina Smith

**October 8 - November 6** ~ "Vistas & Viewpoints" - Small group show courtesy of Pam Wilman, Sophia Podrijula-Shaw and Linda Wheaton

**November 12 - December 11** ~ "Fluid Nature" - Abstract Works from Mali Docktor

**January 28 - February 26** ~ "No Particular Topic" - Exhibition showcasing local & area artists

**March 4 - April 12** ~ "The Heart of the Hunter" - solo show from Tynan Groves

### AT STONE'S THROW CAFE

**August 22 - October 17** ~ Paintings by Karen Tamminga-Paton

**October 17 - December 12** ~ Pottery by Heather Fletcher

**December 12 - February 6** ~ Annual Yule Season show of local art

**February 6 - April 10** ~ Paintings by Donna Bilyk

**April 10 - May 8** ~ "Emergence" from the local High Schools

14733-20 AVE, CROWSNEST PASS • BOX 1469, BLAIRMORE, AB TOKOEO • ph: 403-562-2218 • e: cnpaaa@shaw.ca • [www.crowsnestpasspublicartgallery.com](http://www.crowsnestpasspublicartgallery.com)

NEW MEMBERS  
50% OFF YOUR  
2017 MEMBERSHIP  
&  
GOLF THE REST OF  
THIS YEAR FOR FREE



[INFO@CROWSNESTPASSGOLF.COM](mailto:INFO@CROWSNESTPASSGOLF.COM)

[CROWSNESTPASSGOLF.COM](http://CROWSNESTPASSGOLF.COM)

403 562 2776



# Community Programs

CNP Parent Link Centre is open during school days.

Please visit the Crowsnest Pass Parent Link Centre Facebook Page for weekly events.



Horace Allen School 2002-76 Street, Coleman  
e: info@cnpparentlink.com ph: 403-563-8157  
Box 400, Coleman, AB T0K 0M0



Parent Link Centre provides free early childhood programming for parents and their children to ensure that children get the best possible start in life.

**Mentoring Moms:** Sometimes moms feel overwhelmed, guilty, angry, isolated or alone. The Mentoring Moms program is a way to connect with an experienced mother, someone who has been there. This program provides one-on-one interactions with volunteer experienced moms. For more information, contact 403-563-8157 or mentoringmoms@cnpparentlink.com.

**Healthy Parents Healthy Children Infant & Toddler Conference:** Free with keynote presentations from Dr. Robbin Gibb - Different Brains/Different Behaviors & Lavonne Rideout - The Importance of Play Saturday, September 17 from 10:00am - 3:00pm MDM Community Centre 2802 - 222 Street, Bellevue

**ECD (Early Childhood Development Coalition):** ECD is a dynamic group of community members and service providers working together to enhance early childhood development opportunities. Anyone is welcome to join. For more information, contact Kayla Strandquist, ECD Chairperson, at kayla@cnpparentlink.com

**ASQ (Ages & Stages Questionnaire):** The Ages & Stages Questionnaire is a powerful tool used to understand how a child is progressing through his or her developmental milestones. To book an appointment or for more information, contact Kayla Strandquist at kayla@cnpparentlink.com.

**Parent Workshops:** Parent Link Centre offers informational sessions and workshops for parents. Free child care is provided. Topics covered include Budgeting, Car Seat Safety, Dealing with Children's Behaviors, Fitness, English as a Second Language, Personal Health, and Parent Discussions. Watch for posters on facebook or email info@cnpparentlink.com

**PASS (Parent and Student Support):** A program for teens, parents, guardians, grandparents, and community members who care for or about teens. For more information, contact Kayla Strandquist, PASS Program Facilitator, at 403-394-5260 or PASS@cnpparentlink.com

## KIDS KOLLEGE

**Programs run September to May**

**Monday / Wednesday / Friday**  
9:00am – 11:30am  
\$120 per month

**Tuesday / Thursday**  
9:00am – 11:30am or 1:00pm – 3:30pm  
\$80 per month

Children who are at least 3 years old and toilet trained can be registered at any time during the school year.

ph: 403-562-2624  
MDM Community Centre  
2802 - 222 Street, Bellevue  
<http://kidskollege.webs.com/>

## BRIGHTER FUTURES

Brighter Futures is a combination of activities and services that provide personal support, and play and learning opportunities for parents with children ages 0 - 6.

We provide all services and classes free of charge, and strive to build partnerships with various groups in our community to provide special events and programs that aim to answer the needs of families in the Crowsnest Pass and area.

 Like us on facebook.  
BrighterFuturesProject
 

MDM Community Centre, Room 7  
2802 - 222 Street, Bellevue  
Ph: 403.562.8020  
e: [brighterfuturescnp@icloud.com](mailto:brighterfuturescnp@icloud.com)

# Community Programs

## Crowsnest Pass Women's Resource & Crisis Centre

- Legal Resource Services
- Counselling Services
- Referrals
- Thrift Store
- Violence Education Prevention Programs

**Our services and programs are open to everyone**

**Monday - Friday 10:00am - 4:00pm**

**For more information contact:**

Desiree Simoneau #208, 12501 - 20 Ave  
ph: 403-562-8000 Box 1207  
e: cnpwrc@shaw.ca Blairmore, AB  
f: 403-562-8500 TOK 0E0

## Alberta Healthy Living Program

Do you have a chronic condition like diabetes, high blood pressure, high cholesterol, heart disease, or others? Have you been wanting to start exercising but unsure of how to do so safely?

AHLP offers a variety of one-on-one and group patient education for individuals living with or wanting to prevent chronic disease. Our services in the Crowsnest Pass include: Supervised Exercise Program, Diabetes and Pre-Diabetes Education, Better Choices Better Health Workshop (available online and in person), and Self Management Support.



Contact:  
Central Booking Office  
ph: 403-388-6654  
Toll Free: 1-866-506-6654  
Crowsnest Pass Health Centre



## Adult Literacy PROGRAM

[www.crowsnsteducation.com](http://www.crowsnsteducation.com)

The Crowsnest Pass Adult Literacy Program provides one-on-one tutoring for adults in the community who wish to improve their literacy essential skills or English Language Skills. Weekly tutoring is provided by trained volunteer tutors in a confidential setting. There is no cost for tutoring.

**English Conversation Series:** English language learners can participate in a fun monthly craft/activity based program. Program runs every 2nd Tuesday from October - May.

**Contact Information:**

MDM Community Centre 2802 - 222 Street, Bellevue  
Cheryl Cann, Coordinator  
ph: 403-563-8529 e: cnpliteracy@gmail.com  
Box 103, Blairmore, AB. TOK 0E0

## Artist Collective Studio

[www.artistcollectivestudio.com](http://www.artistcollectivestudio.com)



The Artist Collective Studio is a unique artists' studio and collaborative workspace, hosting art events, lectures, and gatherings.

Dates and times can be found on our website and our Facebook page.



Box 1179, Coleman, AB, TOK 0M0  
7702 - 18 Avenue  
[artistcollectivestudio@gmail.com](mailto:artistcollectivestudio@gmail.com)

# Community Programs

## Crowsnest Pass Indoor Playground

**A free, interactive,  
indoor play space!**  
For children ages 0 to 6 and their families



September - June: Mon - Fri 9:30am - 11:30am  
July - August: Wed 9:00am - 12:00pm

Also available for rentals  
403-562-2360

MDM Community Centre  
2802 - 222 Street, Bellevue, AB



CNPIDP



EVERYONE BUILDS. EVERYONE BENEFITS.  
CNP40.COM

The 40 Developmental Assets are described as building blocks for life; positive experiences and personal qualities that young people need to grow up healthy, caring & responsible.

**Asset # 7:** Children & youth perceive that adults in the community value them! For more information visit:

[WWW.CNP40.COM](http://WWW.CNP40.COM)

**Watch for CNP's Amazing Teen Race  
Saturday, September 10, 2016.**

**LET'S  
COOK!**



**Boys and Girls Club of the Crowsnest Pass  
and the PASS Program are proud to present a  
free cooking program for youth ages 13 to 17.**

Fridays

October 7 - November 25

1:30pm - 4:30pm



Boys and Girls Club of Crowsnest Pass  
Karey Lee Watanabe  
p: 403-562-8864  
www.bgccnp.com  
e: director@bgccnp.com

PASS Program  
Kayla Strandquist  
p: 403-394-5260  
www.cnpparentlink.com  
e: PASS@cnpparentlink.com



The Tutor program recruits and trains volunteers (ages 12+) to help struggling students enjoy reading. Tutors will work with students weekly during the school year.

Crowsnest Pass Literacy also offers Home Visit and Family Literacy Programming.

Contact:  
Marcy Purcha  
ph: 403-562-8816

Located in Isabelle Sellon School  
12602 - 18 Avenue, Blairmore  
e: literacyfoundation@gmail.com



# Municipal Recreation Programs

For more Information on Municipal Recreation Programs, contact:  
Tracey Linderman, Crowsnest Pass Community Services  
Phone: 403-563-2208 Email: tracey.linderman@crowsnestpass.com



## GYMNASTICS

Fall Session Starts October - 8 week program

Winter Session: January - March

Spring Session: April - June

Albert Stella Memorial Arena

Visit CNPRecDesk for times and dates.

### Parent and Tot

Ages walking – 2 years

45 minute Class

8 classes - \$65.00

### Tumbling Tots

Ages 3-4 years

45 minute Class

8 classes - \$65.00

### Gym Kids

Ages 5-6 years

45 Minute Class

8 classes - \$65.00

### Junior Gymnastics

Ages 7-9 years

1 hour Class

8 classes - \$80.00

### Recreational Gymnastics

Ages 10 and Up

1 hour Class

8 classes - \$80.00

## CROWSNEST 3 on 3 HOCKEY CHALLENGE

September 9-11, 2016

Novice, Atom and Pee Wee teams

\$50.00 per player

Maximum of 8 players per team including Goalie.

Contact Tracey at 403-563-2208 to register.



## FALL - WINTER REGISTRATION NIGHT

Wednesday, September 7, 2016

6:00pm - 8:00pm

MDM Community Centre

2802-22 Street, Bellevue

For all ages, old or new to the community.  
Find out what you could do this Fall and Winter

Various community and recreational service groups throughout the Crowsnest Pass will be participating in a registration and information night. It's a great opportunity to find information on opportunities, fall programs and to register at the same time.

Please call Tracey at 403-563-2208 if your group would like to attend. Tables are available!

## HALLOWEEN FUN RUN



Saturday, October 29, 2016

10:00 am sharp at the Elks Hall, Blairmore

- 2 and 5K route! No entry fees! No pre-registration. Just come, sign a waiver and enter your name for some GREAT post run prize draws.
- NOTE: There is no volunteer traffic control - you are responsible for your own well-being!
- Finish times will be recorded...in your mind.
- Bring your own hydration - no water stations on course!
- Join us post run for snacks and prizes!

Check out [www.solesurvivor.ca](http://www.solesurvivor.ca) and find us on Facebook!

# Municipal Recreation Programs

For more Information on Municipal Recreation Programs, contact:  
Tracey Linderman, Crowsnest Pass Community Services  
Phone: 403-563-2208 Email: tracey.linderman@crowsnestpass.com

## EXERCISE FOR L.I.F.E

L-Lifestyle I-Interaction F-Fitness E-Energy

Program starts September 12, 2016

Mondays & Wednesdays  
10:00am – 11:00am

Location: MDM Community Center  
Instructors: Angel King and Janet Joy

Weekly Fitness Class for adults of all ages. Programs can be modified for chair exercises and at your own intensity level. Come out and enjoy an hour of exercise and socialization.

Meet and Greet the Instructors September 12  
9:30am - 10:00am.

## ZUMBA FITNESS

October 12 - November 16, 2016 (6 classes)

January - March, 2016 (dates TBA)

Location: MDM Community Center Gym

Zumba Fitness Instructor: Janet Joy

Fall Evening Program:

Wednesdays 7:05pm – 8:05pm

\$50.00 includes GST

Drop-In Fee - \$10.00

Come enjoy the Latin-inspired, easy-to-follow, calorie burning, dance fitness party!



## OLSEN FITNESS

Ages 8 – Adult

Tuesdays & Thursdays

7:00pm – 8:00pm

at MDM Community  
Center Gymnasium



Register September 7, 2016  
at Fall/Winter Registration.

One session (September - December): \$175.00 + GST

Punch Card (11 classes): \$100.00 + GST

Drop-In Fee: \$10.00

Class will begin with warm ups, which include skipping, push-ups, sit-ups, core and weight training. Participants will practice perfect hand and foot techniques, including pad drills, circuit training, abdominal exercises and strength training.

Participants will work on the traditional style of Martial Arts.

## GYMWALK

Monday to Friday 11:00am – 1:00pm

MDM Community Centre

Indoor walking during the year.

Check Rec Desk for cancelled dates.

## OPEN GYM

Friday 1:30pm – 4:00pm

MDM Community Centre

Gym is open to public for sport related activities, Indoor Floor Hockey, Volleyball and Basketball equipment available.



# FCSS - Family & Community Support Services

For more Information on FCSS Programs, contact:  
Kim Lewis, Crowsnest Pass Community Services  
Phone: 403-563-2207 Email: kim.lewis@crowsnestpass.com



## WHAT IS FCSS?

The Municipality of Crowsnest Pass Family and Community Support Services (FCSS) is a cost sharing program between the Province of Alberta (80%) and the Municipality of Crowsnest Pass (20%). Communities deliver and support social programs that are preventative in nature to promote and enhance well-being among individuals, families, and communities.

The FCSS philosophy is based on a belief that self-help contributes to a sense of integrity, self-worth and independence. The programs funded and/or developed by FCSS are intended to help individuals in our community to adopt healthy lifestyles, thereby improving the quality of life and building the capacity to prevent and/or deal with crisis situations should they arise.

## The following Programs and Services are offered through FCSS

### MEALS ON WHEELS

The Meals on Wheels Program provides a hot nutritional, well balanced meal Monday to Friday at noon (including statutory holidays) to any person within the Municipality who through illness, age or disability, has difficulty preparing meals themselves. Meals consist of a hot meal, soup and dessert for \$7.00 and a sandwich can be added to the meal for \$1.00. Meals are delivered by volunteers.

Meals on Wheels assists individuals to live independently in their own homes. As well, volunteers provide a welcome daily contact.

For more information, or to register for Meals on Wheels, please contact 403-563-2207.

### Meals on Wheels Volunteers

If you are available to volunteer as a Meals on Wheels driver, please contact:

Kim Lewis  
ph: 403-563-2207 or  
e: kim.lewis@crowsnestpass.com



### PEOPLE OUTREACH PROGRAM

The People Outreach Program is coordinated through F.C.S.S. and provides a subsidy for general cleaning, yard maintenance and snow removal for people with disabilities. There are requirements and program guidelines to be eligible for assistance. Please contact the Family and Community Support Services Department at 403-563-2207 for information and applications.

### HOME ALONE PROGRAM

Date: September 30, 2016  
1:00pm - 4:00pm  
Isabelle Sellon School  
Fee: \$10.00  
Instructor: Bonita Bourlon  
Age: 10+

Contact Kim at 403-563-2207 to register.  
Limited to 10 participants.

Designed to provide children 10 years of age and older with the necessary skills and knowledge to be safe and responsible when home alone for short periods of time. It will help them to understand how to prevent problems, handle real life situations, and keep them safe and constructively occupied.





# FCSS - Family & Community Support Services

For more Information on FCSS Programs, contact:  
Kim Lewis, Crowsnest Pass Community Services  
Phone: 403-563-2207 Email: kim.lewis@crowsnestpass.com



**family day**

**Monday, February 20, 2017**  
**Time: 12:00pm - 3:00pm**  
**Location: Alberta Stella Memorial Arena**

**FUN...FOOD...ACTIVITIES FOR FAMILIES!**

For more information, please contact  
Kim Lewis at 403-563-2207



## What does it take...

Many of us love the snow and the fun that it brings, but for some people, particularly seniors or persons with disabilities, shoveling the snow can be very difficult and even dangerous.

They need help...they need a Snow Angel.

All you have to do to be a Snow Angel is pick up your shovel and help a neighbour in need! When you are shoveling your own driveway or sidewalk, just take a couple extra minutes to clear your neighbour's as well. They will appreciate your efforts and the ease of getting around outside. Keep an eye out for people in your neighbourhood who could use help removing snow from their sidewalks and driveways and lend them a hand.

## NOMINATE YOUR SNOW ANGEL

Do you have a SNOW ANGEL? Do you know someone who is a SNOW ANGEL? Call Kim Lewis (Family and Community Support Services) at 403-563-2207 to have their name entered for fabulous monthly draws.

The Snow Angels Program brought to you by:



Royal Canadian Legion  
Blairmore Branch #7

## VOLUNTEER PROMOTION

Volunteers are often the heart of many organizations here in the Crowsnest Pass. Sometimes finding volunteers can be difficult. In an effort to make volunteer recruitment a little easier, Family and Community Support Services is offering to assist local organizations with the promotion of volunteer opportunities.

A Volunteer Information Display Board will be displayed on the exterior wall at the entrance of the Municipal Office. This display board will display local Volunteer Opportunities submitted by organizations to the FCSS Department. Volunteer Opportunities will also be advertised on the Municipal Website and Facebook.

Whether you have a need for year round volunteers or volunteers for specific events we can help. The process is simple. Complete a Volunteer Job Design form and return to Family and Community Support Services by email at kim.lewis@crowsnestpass.com, or by dropping it off at the Community Services Department at MDM.

For more information or to obtain a Volunteer Job Design Form, please contact Kim Lewis at 403-563-2207 or by email at kim.lewis@crowsnestpass.com.



## TOWN ROUNDER

### SCHEDULE

Town Rounder Service available Mondays and Tuesdays only.

#### Coleman

9:45am  
11:45am

#### Blairmore

10:00am  
12:45am  
2:00pm

#### Bellevue/Hillcrest

10:45am  
1:15pm

Call 403-562-8833 before 9:30am to schedule your trip on the Town Rounder.

The Town Rounder offers safe and reliable transportation for seniors and persons with mobility issues in the Crowsnest Pass. The Town Rounder comfortably seats 18 passengers, and is also equipped to accommodate up to 3 wheelchair passengers.

### TOWN ROUNDER FEES

\$4.00 for a pick up  
\$4.00 for return home  
\$1.00 for additional trips

\$25.00 punch cards available.

Contact F.C.S.S at 403-563-2207 for all Town Rounder Inquiries.

### Private Rentals

#### Available

Monday & Tuesday Evenings after 5 pm & Weekends.

#### RENTAL RATES

(includes driver)

Commercial Hourly Rate: \$90.00  
Commercial Daily Rate: \$630.00  
Adult Hourly Rate: \$60.00  
Adult Daily Rate: \$420.00  
Youth Hourly: \$33.00  
Youth Daily Rate: \$231.00

Each rental will have an additional per kilometer surcharge of \$1.00  
RENTAL RATES SUBJECT TO CHANGE

For more info please contact Kim at 403-563-2207



### **CROWSNEST PASS SENIORS**

**YOU ARE INVITED TO A PRESENTATION ON ALBERTA SENIORS (65+) FINANCIAL BENEFITS PROGRAMS**

#### **Alberta Seniors Benefit**

You may qualify for a monthly cash benefit

#### **Special Needs Assistance**

You may qualify for items such as a bed, TV, prescription medications, housekeeping/yard maintenance and more

#### **Dental and Optical Assistance for Seniors**

#### **Property Tax Assistance Programs**

Contact Kim Lewis at 403-563-2207 to register

Date to be announced  
2802 - 222 Street, Bellevue



## 2016 CHRISTMAS FOOD HAMPERS

Christmas Food Hamper applications will be accepted starting Nov. 1, 2016 at Crowsnest Pass Food Bank Society 11910 - 19 Avenue, Blairmore

Monday & Wednesday 5:00pm - 7:00pm  
Thursday 11:00am - 2:00pm  
Or call 564-5110 and leave a message.

Application deadline is December 9th, 2016

For more information, please contact Kim Lewis at 403-563-2207



# Community Groups

## FIRST CROWSNEST SCOUTS



### Co-Ed Programming

<b>BEAVERS</b>	<b>CUBS</b>	<b>SCOUTS</b>
Ages 5-7 yrs	Ages 8-10 yrs	Ages 11-14 yrs
Wednesdays	Wednesdays	Thursdays
5:30pm-6:30pm	7:00pm-8:30pm	6:30pm-8:00pm

Scouting offers a world where you can discover the best in yourself and the best in others. Dollar for dollar, our programs provide significant value. They run all year round and offer adventures that youth will remember for a lifetime!

Contact Kate at  
ph: 403-563-8235 or e: klockhart0976@gmail.com

REPORT BEAR SIGHTINGS TO FISH AND WILDLIFE AT 1-800-642-3800

## FISH AND WILDLIFE CROWSNEST PASS BEARSMART



A volunteer group directed by Fish and Wildlife in managing bears in the community through different projects and events. Provide information in attractant management, bear behaviour and outdoor preparedness for residents. Monitoring bears in the area and helping keep all neighbourhoods safe for people and the wildlife that resides there. Will take bookings for bear awareness and safety courses. Contact Christy Pool at 403-563-8723 to reserve.

### COMMUNITY BEAR AWARENESS AND BEAR SPRAY TRAINING

Fish and Wildlife District Officer John Clake and BearSmart volunteers put on a free 3-hour outdoor course for residents on bear awareness and how to properly use bear spray. Participants learn how to identify different species, bear behavior, what to do if there is an encounter, and how to be bearsmart in their communities. Up to 20 participants per course, advance registration is mandatory.

For more information call Kristina Jones at 403-563-5715



Fish and Wildlife Crowsnest Pass BearSmart

### GREAT FUTURES START HERE.



Boys and Girls Club  
of Crowsnest Pass

Offers safe and supportive programs where children and youth can experience new opportunities, overcome barriers, build positive relationships and develop confidence and skills for life. After school and summer day camp programs available.



[www.bgccnp.com](http://www.bgccnp.com)

ph: 403.562.8664  
e: [director@bgccnp.com](mailto:director@bgccnp.com)  
Blairmore, AB.

Boys & Girls Club of Crowsnest Pass

## CROWSNEST COMMUNITY CHOIR

This group of people, who love to sing, have been meeting for over 20 years!

New singers are welcome - women and, particularly, more MEN. Members do not need a musical background because our practices are enjoyable learning sessions.

We perform a Christmas concert, shared with the Symphony, and a Spring concert in May. Both include a wide range of music. If you want to be part of making voices sing, come join us!



Meet Tuesdays from September to May  
Isabelle Sellon School, 12602 - 18 Avenue, Blairmore

For more information, contact Susan Wagner  
ph: 403-564-2371 e: [wagner.s@telus.net](mailto:wagner.s@telus.net)

# Community Groups



**Your local bike specialist**

brian.macfar@gmail.com 403-563-3844  
www.facebook.com/CogNationCyclery

**Certified bike mechanic**

PICKUP AND DELIVERY  
AVAILABLE WITHIN CROWSNEST PASS



## Crowsnest Pass Cross-Country Ski Association

- 30 km of groomed cross country trails – 5 km of these are dog friendly
- Ski loan program for club members
- Jackrabbit and bunnyrabbit learn to ski programs for children 4 – 10 years
- A large variety of volunteer opportunities
- Monthly moonlight skis
- Adult ski lessons and wax demonstrations
- Annual Flight of the Crows Loppet

Specific information about club programs is posted regularly at [www.allisonwonderlands.ca](http://www.allisonwonderlands.ca)

**Contact Information:**  
Crowsnest Pass Cross-Country Ski Association  
Deb Whitten at ph: 403-562-8224 e: cnpcrosscountry@gmail.com



## Crowsnest Pass Minor Soccer Association

*Winter Indoor Soccer League for all ages (U4 - U18)*  
ALBERT STELLA ARENA

**CNP Minor Soccer**

Katherine Mertz  
ph: 403-563-8852  
e: cnpminorsoccer@gmail.com

*Soccer coaching throughout the year, indoor and outdoor*

## KARASU: BALANCED LIVING STUDIO

Asian philosophy fitness boutique offering Karate, Yoga, Meditation, and the Karasu Lightsaber Academy.

Watch for schedules, specials, and freebies on Facebook.

www.karasustudio.com  
2462 - 213 Street, Bellevue  
info@karasustudio.com  
403-614-5819




**Classes are available for all ages and abilities**



## CROW SNOW RIDERS

### SLEDDING CROWSNEST PASS

Offering some of the best snowmobiling in Western Canada!

Over 1200 km of trails (200 km groomed). From mountain riding to scenic trail riding, the Crowsnest Pass has something for the whole family!

For more information on trails & events visit [www.CrowSnow.org](http://www.CrowSnow.org) or find us on Facebook




## Crowsnest Curling Club

Seniors League: Monday & Thursday at 1:00pm  
Open League: Wednesday Night  
Mixed league: Thursday Evening

[www.crowsnestcurlingclub.ca](http://www.crowsnestcurlingclub.ca)

# Community Groups



## Crowsnest Pass Minor Hockey Association

For more information contact:  
ph: 403-563-7797

e: [crowsnestpassminorhockey@hotmail.com](mailto:crowsnestpassminorhockey@hotmail.com)  
[crowsnestpassminorhockey.com](http://crowsnestpassminorhockey.com)



Crowsnest Pass Skating Club  
[www.crowsnestpassskatingclub.com](http://www.crowsnestpassskatingclub.com)

For more information, contact:  
Linda Dorge  
ph: 403-563-5229  
e: [cnpsc@live.com](mailto:cnpsc@live.com)

The Crowsnest Pass Skating Club is a non-profit organization which provides instruction from a registered Skate Canada coach. Our Coach is passionate about the sport and the development of skaters.

**CanSkate** is a dynamic learn-to-skate program that focuses on fun, participation and basic development.

**CanPowerSkate** is an action-packed, high energy instructional skating program geared to hockey and ringette skaters that focuses on balance, agility, power, speed, and endurance.

**StarSkate** offers opportunities for skaters of all ages to develop fundamental figure skating skills in the areas of ice dance, skating skills, free skate and interpretive skating.

### Theatre on Ice - October 1 & 2, 2016

Crowsnest Pass Skating Club will be hosting a Dance Choreography Clinic that includes both on and off ice sessions. On-ice sessions will be held by Level 5 NCCP coaches who have competed at National levels. Off-ice sessions will include yoga and dance instructors with an emphasis on strength, stretching, and posture.

So **ALL** Kids  
Can Play!



KidSport™

[WWW.KIDSPORT.CA](http://WWW.KIDSPORT.CA)

## KIDSPORT CROWSNEST PASS BRANCH

Providing registration funds for kids facing financial barriers to participate in organized sport

For more information, contact:  
KIDSPORT - Crowsnest Pass Branch  
Box 415, Blairmore, AB, T0K 0E0  
f: 403-562-2118  
Joanne Drain - ph: 403-562-8352  
e: [judrain@shaw.ca](mailto:judrain@shaw.ca)  
Ina Wig - ph: 403-562-8207  
e: [dwig@shaw.ca](mailto:dwig@shaw.ca)

## KOOTENAY TAEKWONDO



SEPTEMBER - APRIL

MONDAYS & WEDNESDAYS

Our mission is:

- To promote the spirit and integrity of Traditional Taekwon-Do as envisioned by its founder General Choi Hong His.
- To provide opportunities for students to excel in a competitive environment.

For more information, contact:

Gena Paton  
ph: 403-563-9471  
e: [paton4@shaw.ca](mailto:paton4@shaw.ca)

MDM Community Centre  
2802 - 222 Street, Bellevue  
Box 293, Hillcrest, AB, T0K 1C0



# Allison - Chinook Cross Country Map

TRAIL MAP CROWSNEST PASS

## ALLISON-CHINOOK CROSS COUNTRY



YOU ARE HERE

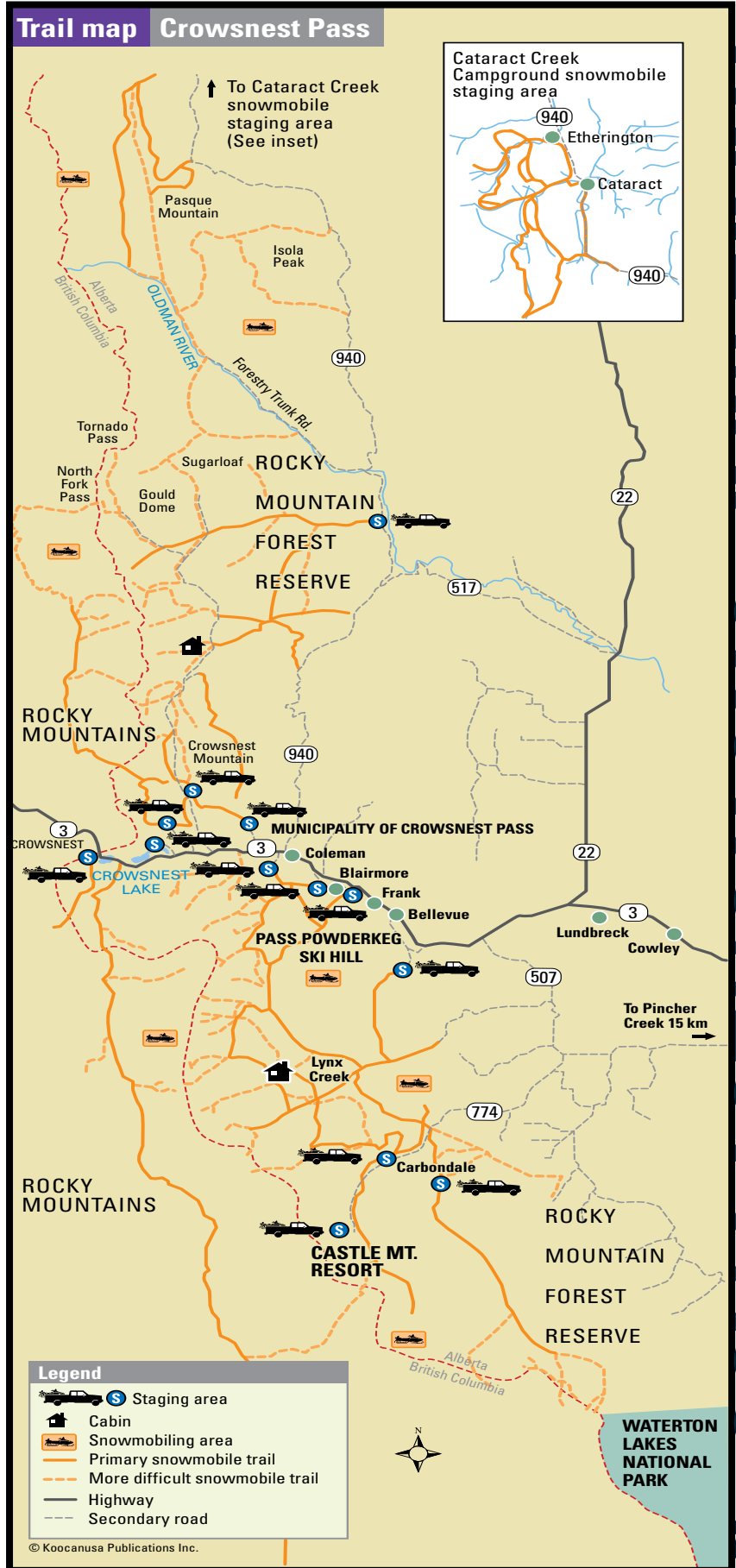
# 101

INTERSECTION NUMBER

Dec - Mar



# Crowsnest Pass Snowmobile Map



**TRAIL MAP CROWSNEST PASS**

# Municipality of Crowsnest Pass Map

## HALLS

1. Elks Hall
2. Lions Pride Hall
3. Hillcrest Fish & Game Hall
4. MDM Community Centre
  - Meeting rooms, Gymnasium & Kitchen
5. Polish Hall

## RECREATION & FITNESS

6. CNP Swimming Pool
7. Sports Complex
  - Curling arena, Ice arena, lounge, meeting room
8. Albert Stella Memorial Arena
  - Climbing Wall, Skate Board Park, Field House
9. Coleman Seniors Drop-In Centre
10. Bellecrest Senior Citizens Club
11. Crowsnest Weight Lifting Club
  - Fitness Equipment

## ARTS & CULTURE

12. Crowsnest Pass Art Gallery
13. CNP Museum
14. Bellevue Underground Mine
15. Frank Slide Interpretive Centre
16. Crowsnest Municipal Library

## SPORTS FIELDS

17. Horace Allen School Soccer Field
  - 4 Mini Fields or 1 Regular Field
18. Consolidated High School Soccer Field
  - 1 Soccer Field
19. Isabelle Sellon School Soccer Field
  - 1 Soccer Field
20. Isabelle Sellon Baseball Fields
  - 2 Minor Baseball Fields
21. Hillcrest Baseball Complex
  - 2 Regulation Baseball Fields

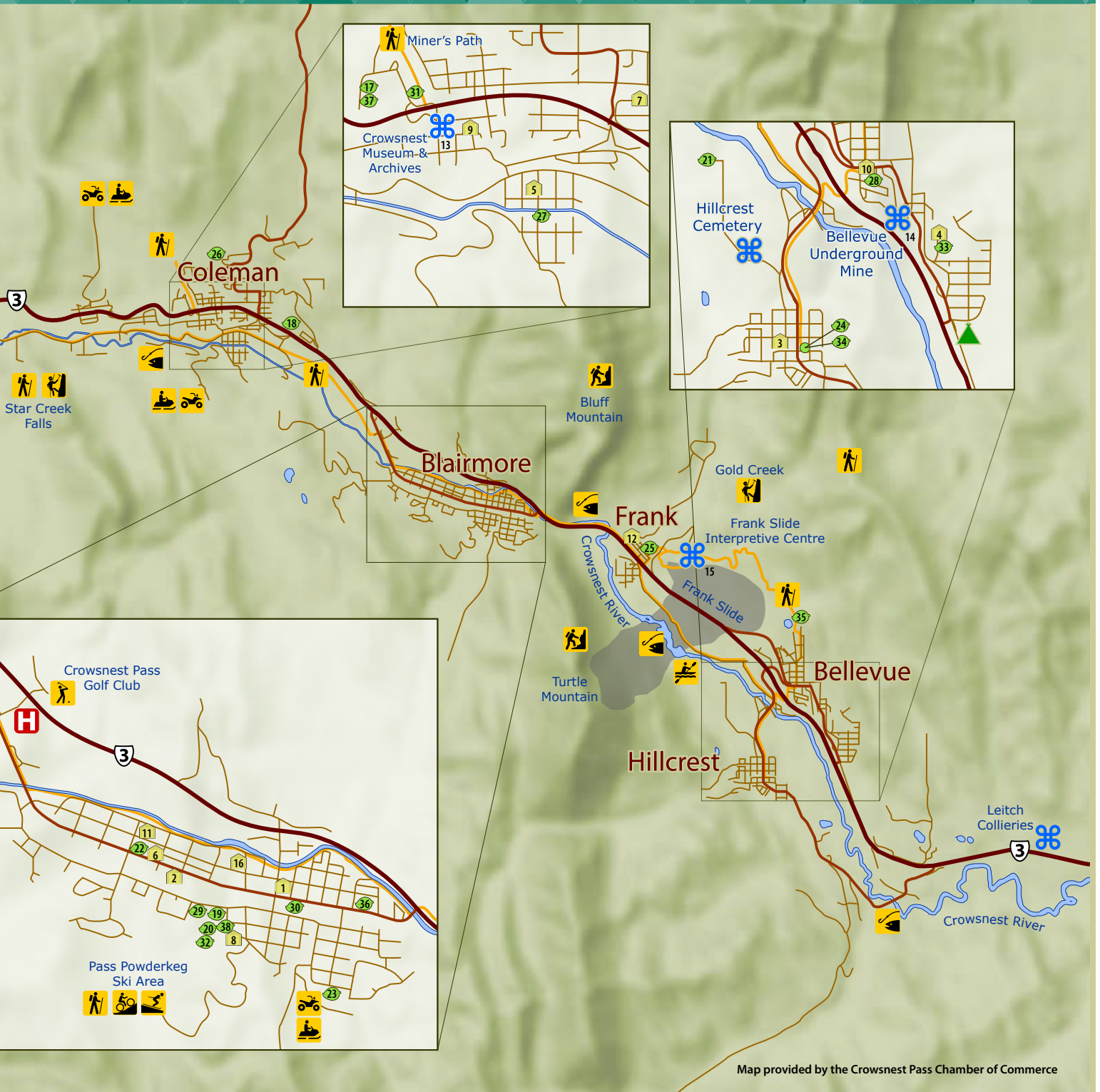
## PARKS

22. Blairmore Lions Park
  - Play Structures, Tennis & Basketball Courts
23. Snake Park
  - Play Structure
24. Hillcrest Miners Park (Playground)
  - Play Structure & Basketball Courts
25. Frank Playground
  - Play Structure
26. Pine View Playground (Lions Park)
  - Play Structure
27. Bushtown Playground
  - Play Structure
28. Bellevue Arena Memorial Park
  - Play Structure, Enclosed Cement, Pad, Gazebo, Concession Facility
29. Pete's Park
  - Picnic Area
30. Gazebo Park
  - Gazebo, Cement Pad
31. Flumerfelt Park
  - Water Park, Play Structures, Tennis Courts, Beach Volley Ball Courts, Picnic Shelter
32. Blairmore Bike Park
33. MDM Community Centre Park
  - Play Structure
34. Coke and Coal Centennial Park
  - Cement Pad, Picnic Shelter
35. Fireman's Park
  - Play Structure, Picnic Shelter, Mini- Golf, Fire Pit, BBQ for Rent
36. Crowsnest Commemorative Plaza
  - Play Structure, Miniature Train Structure
37. Horace Allen School Playground
38. Isabelle Sellon School Playground





# Municipality of Crowsnest Pass Map



Map provided by the Crowsnest Pass Chamber of Commerce

# Pass Powderkeg Ski Area



Come ride one of the best terrain parks in Southern Alberta! Our progressive terrain park & rail garden has something for everyone. Designed for the progression of riders and skiers, you will find an assortment of table tops, step up jumps and spines. For a good mix of metal to grind, you'll also find minis, flats, rainbows, kinks, wide rails, and boxes for skiers and snow boarders to ride.

- 1,200 VERTICAL FEET
- 15 RUNS, 2 T-BARS
- TERRAIN PARK
- NIGHT SKIING
- SKI & SNOWBOARD SCHOOL
- SKI LODGE RENTALS
- SCHOOL LESSONS
- NEW RENTAL EQUIPMENT
- RENTAL SHOP
- SNOWSHOE RENTALS
- CAFETERIA & LOUNGE
- DISCOUNT PACKAGES



*Located in the Heart of the Crowsnest Pass*

12402 - 18th Avenue, Crowsnest Pass, Blairmore, Alberta

[www.passpowderkeg.com](http://www.passpowderkeg.com)

[info@passpowderkeg.com](mailto:info@passpowderkeg.com)

403-562-8334

# Pass Powderkeg Ski Area



## 2016/2017 HOURS OF OPERATION

### HOLIDAY HOURS

(Dec.23 - Jan. 8; closed on Christmas; Feb. 20 - Feb. 24):  
Sun - Thurs: 10am-4pm Fri/Sat: 10am-8pm

### REGULAR HOURS

(Jan 9- Feb 19):  
Wed-Fri: 5pm-9pm Sat: 10am-8pm  
Sun: 10am-4pm

### SPRING HOURS

(Feb 25 - Mar 25):  
Thurs-Fri: 5pm-9pm Sat: 10am-8pm  
Sun: 10am-4pm

### CLOSING

March 26 - Slush Cup

## EQUIPMENT & RENTAL RATES

DAILY EQUIPMENT	MEMBERS	NON - MEMBERS	AFTER 5:00PM
Snowboard Package	\$28.00	\$34.00	\$28.00
Ski Package	\$24.00	\$30.00	\$24.00
Snowboard	\$24.00	\$30.00	\$24.00
Skis	\$16.00	\$20.00	\$16.00
Boots Only	\$12.00	\$15.00	\$12.00
Poles Only	\$4.00	\$5.00	\$4.00
Helmet	\$4.00	\$5.00	\$4.00
Snowshoes	\$8.00	\$10.00	\$8.00
EQUIPMENT SERVICING		LODGE RENTALS	
Binding Mounts	\$35.00	Hourly Rate	\$30.00
Wax & Sharpen	\$35.00	Day Rate	\$240.00
Binding Adjustments	\$12.00		
Binding Repair	\$8.00		

## DAY TICKETS

AGE GROUP	FULL DAY	AFTER 5 PM
Family	\$99.00	\$79.00
Senior (65+)	\$33.00	\$26.00
Adult (18+)	\$36.00	\$29.00
Youth (13 - 17)	\$30.00	\$24.00
Child (6 - 12)	\$25.00	\$20.00
Infant (0 - 5)	Free	Free

## SEASON PASSES

AGE GROUP	REGULAR	EARLY BIRD
Family	\$1098.00	\$549.00
Senior (65+)	500.00	\$250.00
Adult (18+)	\$560.00	\$280.00
Youth (13 - 17)	\$460.00	\$230.00
Child (6 - 12)	\$390.00	\$195.00
Infant (0 - 5)	Free	Free

## SNOW SCHOOL - FOR SKIERS OR SNOW BOARDERS

REGULAR LESSON	REGULAR	NON - MEMBER
Lesson Package (1 hr lesson, rental & lift ticket)	\$48.00	\$60.00
Private Lessons (per hour - no lift ticket or rentals)	\$40.00	\$50.00
Group Lesson (per hour - min. 4 people)	\$32.00/person	\$40/person
4 Week Package (4 x 1 hr lessons)	\$144.00	\$180.00
Holiday Package (3 x 1 hr lesson)	\$108.00	\$135.00

[www.passpowderkeg.com](http://www.passpowderkeg.com)



# Crowsnest Pass Adult Education

## Crowsnest Pass Adult Education

Phone: 403-563-8516  
 email: [cnpadulted@gmail.com](mailto:cnpadulted@gmail.com)  
[www.crowsnsteducation.com](http://www.crowsnsteducation.com)



Crowsnest-Pass-Adult-Education

*Dedicated to Lifelong Learning*

Welcome to our 2016-17 Program Guide. The Crowsnest Pass Adult Education Association is your community's connection to adult learning. Whether it's providing literacy proficiency, improving established skills or acquiring new ones, we're here to help you on your path to further knowledge.

We support literacy and education for adults of all ages and backgrounds by offering individual tutoring or group courses in a variety of areas such as computer programs, first aid, legal issues or foundational life skills. We can support high school upgrading and workplace requirements for employees, as well as work to improve your reading and writing, or help you manage your money. If you or your group or business are looking for assistance with any area of education, we want to hear from you.

### MEET OUR MEMBERS

Diane deLauw, President	Crowsnest Pass Community Library
Jane Goodwin, Vice-President	Member at Large
Doreen Glavin, Treasurer	Member at Large
Krisztina Wood, Secretary	Crowsnest Pass Allied Arts Association
Tracey Linderman	Municipality of Crowsnest Pass, Community Services
Pam Vamplew	Crowsnest Pass Parent Link
Marcy Purcha	Crowsnest Pass Literacy Foundation
Tina Smith	Brighter Futures, Crowsnest Pass
Kayla Strandquist	Early Childhood Development Coalition
Cheryl Cann	Coordinator, CNP Adult Literacy Programs
Joni MacFarlane	Coordinator, CNP Adult Education Association

**Our mission is to provide equal opportunities for quality, lifelong learning and literacy for adults in the Crowsnest Pass.**

### REGISTRATION AND PAYMENT

Call 403-563-8516, EMAIL [cnpadulted@gmail.com](mailto:cnpadulted@gmail.com) or drop in at MDM Community Centre, 2802, 22nd Street, Bellevue. Office Hours: Monday to Thursday, 8:30 am to 3:00 pm. Please note that you are not considered registered until we receive payment. Registration is confirmed upon receipt of payment.

Cheques are payable to CROWSNEST PASS ADULT EDUCATION ASSOCIATION and may be mailed to P.O. BOX 103, BLAIRMORE, AB, T0K 0E0. Please note that a \$20.00 NSF fee will be charged for each NSF cheque issued to the Crowsnest Pass Adult Education Association.

### SUBSIDIES ARE AVAILABLE, INCLUDING TRANSPORTATION COSTS

Education and Literacy programs are made possible by a grant from Aboriginal and Community Connections, and Alberta Advanced Education.



# Crowsnest Pass Adult Education

## CROWSNEST PASS ADULT LITERACY

The Adult Literacy Program provides one-on-one tutoring for adults in the community who wish to improve their literacy essential skills, including reading, writing, document use, oral communication, basic numeracy, and other foundational skills. Tutoring is provided by trained volunteer tutors. Students in the Literacy Program may be basic literacy learners (Canadian students working on foundational learning skills) or English Language learners from a variety of cultures. Tutors work 2 hours weekly with their assigned student/s from September to June at a mutually convenient time. In addition, the Literacy Program matches interested volunteers to read weekly with seniors in York Creek Lodge or in long-term care at the Crowsnest Pass Hospital. If you would like a rewarding volunteer opportunity, the Adult Literacy Program may be a good fit for you!



If you or someone you know would like some help to build literacy skills, please contact the Literacy Program. To register for programs, call 403-563-8529 or email [cnpliteracy@gmail.com](mailto:cnpliteracy@gmail.com).

### Basic Tutor Training

Tutor Training workshops prepare volunteers to help adult students improve their literacy skills. Tutors learn how to implement tutoring sessions based upon learner needs, goals, learning strengths and literacy levels. Tutors will have hands-on practice in various tutoring strategies and will have the opportunity to become familiar with the Program's resources.

#### Dates & times:

Oct. 6 and Oct. 8 - 9:30a.m. to 4:00p.m.  
Please bring a bagged lunch.

Cost: No charge for Literacy Program volunteers

### Strategies for Teaching Reading and Writing

Volunteer tutors will explore principles and

strategies for teaching, reading and writing with English language learners. They will discover useful resources, and will learn how to design great reading and writing lessons.

#### Dates & times:

Oct. 20 - 10:30a.m. to 4:30p.m.

Cost: No charge for Literacy Program volunteers

### English Language Conversation Class

The Conversation Class will be offered monthly for English Language learners who wish to improve their communication skills through a fun, activity-based program. This class is offered in partnership with Crowsnest Pass Adult Education, Brighter Futures and Parent Link Centre.

#### Dates & times:

2nd Tuesday of each month from Oct. 11 to May 9 - 10:00a.m. to 12:00p.m.

Cost: FREE - childcare is available, transportation is available upon request.

### Books for Babies Program

CNP Adult Literacy partners with the Crowsnest Pass Literacy Foundation, the Chinook Regional Library and the Chinook Health Unit to provide the Books for Babies Program. As part of this program, families of newborns receive a book bag with children's books and ideas for parents about reading and literacy activities with their children. Book bags are handed out during baby visits at the Chinook Health Unit.

For information about the Literacy Program, contact Cheryl Cann, Program Coordinator by phone at 403-563-8259, by email at [cnpliteracy@gmail.com](mailto:cnpliteracy@gmail.com), check the Facebook page <https://www.facebook.com/crowsnestpassadultliteracy/>, or visit the website at [www.crowsnesteducation.com](http://www.crowsnesteducation.com).

Funding for the Literacy Program is provided by Aboriginal and Community Connections, and Alberta Advanced Education



# Crowsnest Pass Adult Education

## LIFE SKILLS COURSES

### Healthy Food on a Budget

This two-session course shows you how to create delicious, healthy dishes that everyone in your family will enjoy without breaking the bank. Join Chef Dawn Rigby and learn how to spot over-processed foods, how to get deals, and how to stretch your food budget. Session 1 is an information session only while Session 2 uses these principles hands-on to make several nutritious meals. Take one or both sessions and learn budget-conscious principles from top chefs.

#### Dates & times:

Session 1: Nov. 1 - 6:30p.m. to 8:30p.m. and  
Nov. 15 - 1:00p.m. to 4:00p.m.

Session 2: Jan. 24 - 6:30p.m. to 8:30p.m. and  
Jan. 31 - 1:00p.m. to 4:00p.m.

Cost: FREE - registration is required, space is limited.

### Budgeting Workout: More Month Than Money

The gas bill is due but the car needs work, while the cost of groceries has gone through the roof. Do you often find you're barely getting by between pay cheques? Learn how to create a spending plan and manage your money. This two-hour course will teach you how to balance your needs, wants and savings. You'll learn easy and practical ways for improving your financial well-being by creating a budget that will let you pay the bills and sleep at night.

#### Dates & times:

Oct. 27, May 11 - 10:00a.m. to 12:00p.m.

Cost: FREE - free childcare is available, registration is required.

### The Numbers Game

Numbers are an important part of daily life. Many everyday actions rely on understanding numbers and basic math operations. This course will be tailored to meet the needs of those who register but will be

geared towards the basic concepts around numbers and their operations, measurements and problem-solving. We can also steer you towards one-on-one math tutoring.

Cost: \$10

This course will be offered if there is sufficient interest. Please call to arrange specific dates suitable to your needs.

### Financial Literacy

Take better care of yourself by taking care of your money. This workshop gives you basic and practical information about money including understanding spending, borrowing and saving. We'll introduce you to ways to reach your long-term goals and help you plan for you and your kids' future. Learn banking basics, mortgage and loan basics, borrowing strategies and basic investment choices.



#### Dates & times:

Sept. 22, March 23 - 10:00a.m. to 12:00p.m.

Cost: FREE - free child care is available, registration is required.

### What to do When Your Job is Stressing You Out

While some workplace stress is normal, excessive stress can interfere with your physical and emotional health. Your ability to deal with it can mean the difference between success and failure. You can't control everything in your work environment, but that doesn't mean you're powerless - even when you're stuck in a difficult situation. Finding ways to manage workplace stress isn't about making huge changes or rethinking career ambitions, but rather about focusing on the one thing that's always within your control - you! In this course, you will learn a variety of steps you can take to reduce both your overall stress levels and the stress you find on the job and in the workplace.

#### Dates & times:

Oct. 20, March 14 - 7:00p.m. to 9:00p.m.

Cost: \$10

# Crowsnest Pass Adult Education

## Take Control of Your Life (And Possibly the Clock)

Why is personal goal setting so important in time management? From a time management perspective, your life is a sequence of big and small



choices and decisions. It is those choices that you really manage, not the flow of time. We will help you direct your conscious and subconscious decisions towards success, building up your motivation to achieve your personal or business goals. This course will help you set priorities and manage time to meet deadlines, set and achieve goals, effectively organize your daily actions, make smarter decisions faster and uncover better options.

### Dates & times:

November 18, April 7 – 9:30a.m. to 11:30a.m.

Cost: FREE - free child care is available, registration is required.

## Why Can't We All Just Get Along?

Conflict is a normal, and even healthy, part of relationships. After all, two people can't be expected to agree on everything all the time. Since relationship conflicts are inevitable, learning to deal with them in a healthy way is crucial. When conflict is handled in a respectful and positive way, it can provide an opportunity for growth, ultimately strengthening the bond between two people. By learning the skills you need for successful conflict resolution, you can keep your personal and professional relationships strong and growing. We will learn how to manage stress while remaining alert and calm, control emotions and behavior, pay attention to feelings being expressed, and be aware and respectful of differences.

### Dates & times:

Saturday, Nov. 5 – 9:00a.m. to 12:00p.m.

Cost: \$10

## Things I Wish Someone Had Told Me

Losing someone or something you love or care deeply about is very painful. You may experience all kinds of difficult emotions and it may feel like the pain and sadness you're experiencing will never let up. These are normal reactions to a significant loss. While there is no right or wrong way to grieve, there are healthy ways to cope with the pain that, in time, can renew you and permit you to move on. You may associate grief with the death of a loved one—which is often the cause of the most intense type of grief—but any loss can cause grief, including: divorce or breakup of a relationship, losing a job or retiring, death of a pet, or loss of security after a major life change such as selling the family home.

Join us as we discover that what you are experiencing is normal as well as tips for coping with grief and loss.

### Dates & times:

Saturday, Nov. 5 – 1:00p.m. to 4:00p.m.

Cost: FREE - registration is required, space is limited.

## COMPUTER SKILLS COURSES

### Computer Tutoring One-On-One

Learn what you want to know in private tutoring sessions. Bring your own laptop or use one of ours. Appointments are an hour each. If you think you need more time, just sign up for two sessions in a row, or book another session for follow-up.

### Dates & times:

Sept. 19, Oct. 12, Oct. 24, Nov. 7, Nov. 16, Nov. 21, Dec. 5, Jan. 16, Jan. 25, Feb. 6, Feb. 15, March 6, March 15, March 20, Apr. 3, Apr. 12, May 3, May 8, May 17, May 29, June 7 – 9:00a.m. to 12:00p.m.

Evening tutoring is also available. Please call to set up a session.

Cost: \$15 per one-hour session



# Crowsnest Pass Adult Education

## Intro to iPad - One-on-One Tutoring

Just getting started on iPad? Learn important tips and tricks that include taking photos, using the Internet, downloading an app, using email and much more. With this tutoring, you will learn what you want to know in private sessions. Bring your own iPad or use one of ours. Appointments are an hour each. If you think you need more time, just sign up for two sessions in a row, or book another session for follow-up.



### Dates & times:

Sept. 21, Oct. 26, Nov. 23, Dec. 7, Jan. 11, Feb. 8, March 8, Apr. 5, May 10, May 31 – 9:00a.m. to 12:00p.m.  
Evening tutoring is also available. Please call to set up a session.

Cost: \$15 per one-hour session

## Windows 10

Need to learn the new Windows 10 Operating System? This course will cover a variety of topics including how to organize files and folders, how to print, how to use the mail app, how to back up your files and much more. Bring your own laptop or use one of ours.

### Daytime dates & times:

Oct. 31, Feb. 4, April 15 – 10:00a.m. to 12:00p.m.

### Evening dates & times:

Sept. 26, March 6 – 6:30p.m. to 8:30p.m.

Cost: \$25

## Introduction to Microsoft Word

This introductory course will cover the basics of word processing including creating, editing, saving and printing using MS Word. Bring your own laptop or use one of ours.

### Dates & times:

Jan. 18, March 11, May 10 – 10:00a.m. to 12:00p.m.

Cost: \$20

## Spreadsheet Phobia - Making Friends with Excel

Discover the capabilities of spreadsheets in this introductory course. Come and learn how to create, edit, save and print in MS Excel. Learn quick tips and tricks and how to use simple formulas to create graphs. Bring your own laptop or use one of ours.

### Dates & times:

Jan. 23 – 6:30p.m. to 8:30p.m. and May 31 – 10:00a.m. to 12:00p.m.

Cost: \$20

## What Do You Want to Know Today?

The internet is an amazing source of information that can be used to find anything and everything you ever wanted to know. Learn tips and tricks for working with Google and other search engines. Find out what the world of Google maps, YouTube videos, blogs, images and searching the web is all about. This is an introductory course for those who are new to the worldwide web or who would like help discovering its amazing power.

### Dates & times:

Oct. 3, March 27 – 10:00a.m. to 12:00p.m.

Cost: \$20

## Scaredy Cat Computers

In this introductory course, participants will learn the basics from how to turn on a computer through the parts of a computer with exposure to the most common terms. The course also covers the basics of how to use Microsoft Windows, the mouse and keyboard, as well as an explanation of how information is organized on a computer. This is a hands-on class using one of our laptops.

### Dates & times:

Oct. 17, Jan. 30, March 13, May 15 – 9:00a.m. to 12:00p.m.

Cost: \$20



# Crowsnest Pass Adult Education

## Email 101

It's quick, it's easy and you can use it almost anywhere! Email has become a basic communication tool in today's world. Whether it's connecting to family or friends, or writing to businesses and other organizations, we will show you the basic steps in creating, sending and replying to emails, and how to make more effective use of this useful tool. We will work with attachments, open and save them and attach them to messages you want to send. Bring your own laptop or use one of ours.

### Dates & times:

Nov. 9 – 6:30p.m. to 8:30p.m. and May 24 – 10:00a.m. to 12:00p.m.

Cost: \$20

## Windows: An Opening Into Computers

This introductory course will cover the basics of the Microsoft Windows, the operating system of many computers. We will show you how information is organized and how to access files, software programs, and Internet search engines. Bring your own laptop or use one of ours.

### Dates & times:

Dec. 12, Apr. 5 – 10:00a.m. to 12:00p.m.

Cost: \$20

## Getting the Most From Social Media



Facebook, Twitter, Instagram, LinkedIn – you've heard the terms but what exactly are they and what do you need to know about them? This course is designed to identify different types of social media, their purposes, and suggestions on how they should and should not be used.

This is a great class for small business owners, parents, seniors, those who wish to express themselves and stay connected online, and anyone who is a little overwhelmed with our new world of digital

interaction. If you do not have an account for one of these social media sites, please set one up by going online to [twitter.com](https://twitter.com), [facebook.com](https://facebook.com), [Instagram.com](https://Instagram.com) or [linkedin.com](https://linkedin.com). Bring your own laptop or use one of ours.

### Dates & times:

Nov. 19, April 10 – 10:00a.m. to 12:00p.m.

Cost: \$20

## Protect Yourself: Navigating Social Media

The use of laptops, tablets and smart phones has revolutionized when and where we get information. With this freedom and flexibility comes a major concern for many people – "How do I keep myself and my family safe on the Internet?" In this course, we will explore questions such as, is there a safe way to search online? What about an Internet usage contract between parents and children? Where and when should we and our children access online information? What are the risks associated with social media and unsupervised access to the web? What can we do if, despite all our efforts, something untoward happens while we or our children are online and who is out there to help us. Bring your own laptop or use one of ours.

### Dates & times:

Nov. 14, March 22 – 10:00a.m. to 12:00p.m.

Cost: FREE - free child care is available, registration is required.

## Skype: Staying Connected

Do you have family and friends that live far away? Learn how to talk long distance and see them at the same time. Skype is a free Internet service that offers calling between computers. Learn tips and tricks for staying connected with loved ones using Skype.

### Dates & times:

Sept. 26 – 10:00a.m. to 12:00p.m. and Jan. 16 – 6:30p.m. to 8:30p.m.

Cost: \$20



# Crowsnest Pass Adult Education

## FIRST AID COURSES

### Standard First Aid Level C - CPR and AED Certification

This two-day course covers all the skills in Emergency First Aid plus first aid for other injuries and illnesses including head and spinal injuries, and fractures of the upper and lower limbs. This course includes Level C CPR training and certification (Adult, Child, Infant and 2-rescuer resuscitation) and AED training and certification.



**St. John Ambulance**

#### Dates & times:

Sept. 24 & 25, Oct. 29 & 30, Nov. 26 & 27, Jan. 21 & 22, Feb. 18 & 19, March 18 & 19, Apr. 8 & 9, May 13 & 14, June 10 & 11 – 9:30a.m. to 5:00p.m.

Lunch is half hour - please bring a lunch.

Cost: \$125

### Emergency First Aid – CPR A (Adult) & AED OR CPR C (Adult, Child, infants) & AED

In this one-day course, students will learn to recognize and provide interventions for life-threatening emergencies until medical aid arrives. Topics include: CPR A - CPR and choking for adults or CPR C - CPR and choking for Adults, infants and children, shock and unconsciousness, severe bleeding, head and spinal injuries, major medical conditions, and AED Training and certification.

This course will be offered if there is sufficient interest. Please call to arrange courses on specific dates suitable to your needs. Lunch is half hour - Please bring a lunch.

Cost: \$110

## Wilderness & Remote First Aid

Many Canadians live, work and play in wilderness settings or remote locations. They need first aid skills that reflect the specific challenges of their environment. This 20-hour course aims to meet the safety needs of all those who are interested in the outdoors and the variety of experiences that can be found there. This course covers material in Standard First Aid & CPR plus strategies for providing extended care for up to 24 hours with an ill or injured person. Part of the course is taught in an outdoor setting and requires greater physical activity and endurance than typical first aid training.

This course will be offered if there is sufficient interest (minimum of 6 and maximum of 10 participants).

Cost: \$205



## SAFETY COURSES

### Avalanche Skills Training

Are you a skier, snowboarder, sledder or other winter backcountry user? Then this is the course for you! Learn the fundamentals of travelling in avalanche terrain to keep yourself and others safe.



This introduction to avalanche safety skills course was developed by Avalanche Canada and provides 6 hours of classroom instruction and 12 hours of field work in the Rocky Mountains of Crowsnest Pass. Instruction will include formation and nature of avalanches, avalanche terrain and mountain snow pack, recognizing avalanche danger, stability tests, as well as search and rescue. Student manuals, transceivers, probes and shovels provided.

This course will be offered if there is sufficient interest. Groups of 6 to 8 can call to arrange courses on specific dates suitable to your needs.

Cost: \$210

# Crowsnest Pass Adult Education

## Food Safety Training

This one-day course offers a Food Safety Certificate from Alberta Health Services and is designed to train and certify quick-service, full-service, chain and independent operators and employees to a national standard of food safety.

### Dates & times:

Oct. 22, Apr. 1 - 9:00a.m. to 5:30p.m.

This course will only be offered if there is sufficient interest.

Cost: \$90

## Canadian Non-Restricted Firearms Safety Course

This one-day course is a requirement for anyone applying for or renewing a Possession Acquisition License (PAL). This course will prepare the student for taking the Canadian Non-Restricted Firearms Safety exam, which will enable the student to complete the application for their Non-Restricted Firearms Possession Acquisition License.

The course consists of lessons on the history, operation, safe handling, storage, and transport of firearms, and the exam. The course is also suitable for anyone seeking general knowledge on the safe use of all types of non-restricted firearms (ages 12 and up).

This course will only be offered if there is sufficient interest. Please call for scheduled dates.

The registration fee includes a manual which needs to be reviewed prior to the class. Please bring a bag lunch and photo identification.

Cost: \$115

## Canadian Restricted Firearms Safety Course

Participants wishing to register in this course must provide proof of completion of the Non-Restricted firearms course. This one-day course includes: the evolution of firearms, major parts, types and

actions; basic firearms safety practices; ammunition; operating handgun actions; firing techniques and procedures for handguns; care of restricted firearms; responsibilities of the firearms owner/user; and the safe storage, display, transportation and handling of restricted firearms.

Please bring a bag lunch and photo identification. This course will be offered if there is sufficient interest. Please call for scheduled dates.

Cost: \$115

## Workplace Hazardous Materials Information System/Global Harmonized System (WHMIS/GHS)

This course will guide you through all aspects of the Workplace Hazardous Materials Information System (WHMIS) including classifications, identification of hazardous symbols, information on Standard Data Sheets, and recognition and interpretation of product labels. This course includes the new Global Harmonized System (GHS), an internationally recognized standard for hazard classification and communication. By completing this course you can become compliant with Federal Regulations and improve your knowledge of an important system in workplace safety. Certification is valid for three years. Our instructor has 35 years' experience and will work with clients to meet their specific needs.

This course will be offered if there is sufficient interest.

## Transportation of Dangerous Goods (TDG)

This course will guide you through all aspects of the Transportation of Dangerous Goods (TDG) Act and Regulations. It includes responsibilities of carriers, shippers and receivers, classification and documentation, safety marks, permits and waste. Certification is valid for three years. Our instructor has 35 years' experience and will work with clients to meet their specific needs.

This course will be offered if there is sufficient interest.



# Crowsnest Pass Adult Education

## LAW FOUNDATION VIDEO COURSES

These courses are presented by video-conference at the Crowsnest Community Library

### An Enduring Power of Attorney

Planning for disability or death is never pleasant. However, it is important to identify what you want done when something like this happens to you, helping those around you carry out your wishes. An enduring power of attorney, a personal directive, and a will are basic to building your plan. With them you can set out who will handle your financial affairs; who will handle your medical and personal life decisions and the kinds of choices they can make for you if you become mentally incompetent; and how you want your estate to be dealt with upon your death. In this presentation, you'll learn these basic legal tools and what's involved in acquiring them. You'll also learn about the changes brought about by recent legislation such as the Wills and Succession Act.

#### Dates & times:

Sept. 21, Oct. 12, Nov. 16, Jan. 25, March 8 - 6:30p.m. to 8:30p.m.

Cost: \$15

### Being an Executor

This presentation will provide an overview of the legal rights and responsibilities of an executor (also known as a personal representative). Learn how the Executor gathers estate assets, pays debts, distributes to beneficiaries and generally administers the estate. Also learn about the changes brought about by recent legislation such as the Wills and Succession Act.

#### Dates & times:

Oct. 26, Feb. 1, March 22 - 6:30p.m. to 8:30p.m.

Cost: \$15

### Small Claims Court and How it Works

This is an introduction to Small Claims Court, now called Provincial Court-Civil. It will give you a chance to learn about what kinds of cases the court hears; claims limits; how lawsuits in court are started and defended; procedure before trial including processes like mediation; evidence and witness; conducting trials and what actually happens; the difference between getting a judgment and enforcing it; and procedures for enforcing judgments.

#### Dates & times:

Oct. 5 - 6:30p.m. to 8:30p.m.

Cost: \$15

### Information, Identity Theft and Law

Driver's license information, SIN number, credit cards, medical records, banking information, passport... There's a whole identity out there made up of information about you, much of it stored in electronic databases. If that identity is stolen, your information gets into the wrong hands, or the information is wrong, the results can be serious. This presentation provides a general overview of legal issues related to your information identity. Topics include when and whom to give your personal information; what you can do if that information is wrong, if someone gives out your information when they shouldn't, or if somebody steals your information; and what if your information is collected or stored outside Alberta or Canada.

#### Dates & times:

Oct. 19 - 6:30p.m. to 8:30p.m.

Cost: \$15

### Grandparents, Grandchildren and Law

Grandparents often play a significant role in the lives of their grandchildren and the emotional ties can be deep. If parents separate or divorce, it can become difficult to maintain this relationship. Other times, such situations can result in grandparents providing much or all of the care for their grandchildren.



# Crowsnest Pass Adult Education

This session looks at subjects like parenting of and contact with children (also referred to as custody and access), maintenance, and guardianship from the grandparent-grandchild perspective.

**Dates & times:**

Nov. 2 - 6:30p.m. to 8:30p.m.

Cost: \$15

## Non-Profit Organizations and Law

Non-profits play an important part in our communities and many people become involved with them in various capacities such as employees, directors or volunteers. This presentation looks at non-profits from a legal perspective and includes how these organizations can be structured; how they are affected by employment law or freedom of information and protection of privacy law; how they fit into the tax system; differences between non-profits and charities; rights and responsibilities of those involved; and types of liability issues and steps they can take to protect themselves.

**Dates & times:**

Feb. 8 - 6:30p.m. to 8:30p.m.

Cost: \$15

## Separation and Divorce

In this course, we will look at what can happen legally when a couple decides to separate or divorce. Topics include processes like the court process, mediation or collaborative law, what to try and how they work; child maintenance, custody (parenting) and access (contact), and how the children will be looked after; spousal maintenance and the extent to which one spouse will have to support the other; matrimonial property and how it will be divided.

**Dates & times:**

March 15 - 6:30p.m. to 8:30p.m.

Cost: \$15

## Looking After Dependent Parents

Our parents took care of us and we take care of our children. That's the usual assumption but sometimes our parents (or other adults we know), lose the legal capacity to make their own decisions and we're called on to assume this responsibility. This session is an opportunity to learn about the legal issues involved and the options available to address them. Topics include: determining when capacity is lost, when guardian or trustees are needed and how they are appointed; what part personal directives and enduring powers of attorney play; and how accountability and liability issues can be addressed.

**Dates & times:**

March 1 - 6:30p.m. to 8:30p.m.

Cost: \$15

## Divorce: Collaboration - Putting the Family and Kids First

Divorce is difficult enough. Why add to the distress with a courtroom process that may not serve your interests? A collaborative team of Divorce Specialists can help you and your spouse reach a customized out-of-court settlement based on your priorities and your children's needs. In this presentation, a Collaborative Lawyer, a financial professional, and Child Specialist and/or mental health professional will explain the collaborative process, the opportunities it affords to families, and the way you and your spouse can restructure the family and achieve a divorce that is built on the principles of respect and fairness.

**Dates & times:**

March 29 - 6:30p.m. to 8:30p.m.

Cost: \$15

These courses are presented by video-conference at the Crowsnest Community Library and are made available by Lethbridge College's Public Legal Education Program. The program is funded by a grant from the Alberta Law Foundation.

Alberta **LAW**  
FOUNDATION

  
Lethbridge  
College

# Crowsnest Pass Adult Education

## OTHER LEARNING OPPORTUNITIES

### GED (General Education Development) Preparation Tutoring

The GED is widely accepted as the equivalent of a high school diploma and can open doors to a more rewarding career, further education, and personal development. There are five GED subject and test areas: Language Arts-Reading, Language Arts-Writing, Science, Math, and Social Studies. We can help provide tutoring via video-conferencing to help you prepare to write these tests to become a successful high school graduate. This tutoring is presented by video-conference at the Crowsnest Community Library.

#### Dates & Times:

Wednesdays Oct. 12 to Feb. 15 - 10:00am to 1:00pm

Four Saturdays - 10:00am to 2:00pm

Cost: \$100 includes textbook, materials, pre-assessment and video-conference tutoring (Classes are recorded, students can access sessions online)

### Interview Readiness & Transitioning to the Workplace

This course is ideal for people seeking to return to the workforce. Topics include online job searching, applying for jobs online, resume writing, and presenting and readying yourself for an interview. These skills will give you the edge over those who don't have them. If you're entering the workforce for the first time, re-entering after a lengthy absence, or even thinking of changing careers, this course is for you.

This course will be offered if there is sufficient interest. Groups of 6 to 8 can call to arrange courses on specific dates suitable to your needs.

### Bridging for Women

This program is designed for women who want to re-enter the workforce after an absence, who are

entering the workforce for the first time, or who are thinking of changing careers. We will offer personal development and employment skills workshops including resume writing, online job searching, applying for jobs online, interview skills and presenting yourself on the job. You will be shown essential life coping strategies to help you gain the confidence to undertake an effective job search.

This course will be offered if there is sufficient interest. Groups of 6 to 8 can call to arrange courses on specific dates suitable to your needs.

### Grant Writing Workshop

Non-profits play an increasing role in our community and in many cases are reliant on funding they receive through grants. Learn effective grant writing tips and strategies as well as how to find grant sources and availability to help your organization secure funding opportunities.

This course will be offered if there is sufficient interest. Groups of 6 to 8 can call to arrange courses on specific dates suitable to your needs.

### Planning - and Paying - For Post-Secondary

Join us for a FREE session on planning for a post-secondary education. This course is geared for students of all ages and backgrounds who are interested in planning for their future and gaining the resources to do so. Whether you're interested in the trades, college or university, this two-hour workshop will give you the tools to help take that next step, whatever it may be. The presentation covers topics such as how to pay for an education, how to build your "scholarship resume", trades and apprenticeship programs, resources for selecting a career, and how to apply to different programs.

#### Dates & times:

Oct. 4, Feb. 2 - 6:30p.m. to 8:30p.m.

Cost: FREE - registration is required, space is limited.

\*\*\*Crowsnest Pass Adult Education courses are subsidized by Alberta Advanced Education\*\*\*



# Crowsnest Community Transit

Stop	Location	Times (Wednesday - Friday)					
1	Hillcrest: 8th Ave & 228 St	1:23pm	2:47pm	4:20pm		6:35pm	7:59pm
2	Bellevue: 27 Ave & 226 St (Crocketts)	1:28pm	2:52pm	4:25pm		6:40pm	8:04pm
3	Bellevue: 28 Ave & 223 St (Bottom of MDM)	1:29pm	2:53pm	4:26pm		6:41pm	8:05pm
4	Bellevue: 213 St (East end of Main St)	1:32pm	2:56pm	4:29pm		6:44pm	8:08pm
5	Bellevue: 24 Ave & 208 St	1:33pm	2:57pm	4:30pm		6:45pm	8:09pm
6	Frank: 21St Ave & 150 St (Frank Playground)	1:38pm	3:02pm	4:35pm		6:50pm	8:14pm
7	Blairmore: 20 Ave & 135 St (Pass Promoter Bldg)	1:43pm	3:07pm	4:40pm		6:55pm	8:19pm
8	Blairmore: 21 Ave & 129 St (across from Elk's Hall)	1:45pm	3:09pm	4:42pm		6:57pm	8:21pm
9	Blairmore: 19 Ave & 124 St (across from Pete's Park)	1:46pm	3:10pm	4:43pm		6:58pm	8:22pm
10	Blairmore: 20 Ave & 119 St	1:49pm	3:13pm	4:46pm		7:01pm	8:25pm
11	Blairmore: 20 Ave - Blairmore Mall	1:50pm	3:14pm	4:47pm		7:02pm	8:26pm
12	Coleman: 22 Ave & Hwy 40 (in front of Apts.)	1:56pm	3:20pm	4:53pm		7:08pm	8:32pm
13	Coleman: 28 Ave & 80 St (near playground)	1:59pm	3:23pm	4:56pm		7:11pm	8:35pm
14	Coleman: 22 Ave & 79 St (up from First & Last)	2:01pm	3:25pm	4:58pm		7:13pm	8:37pm
15	Coleman: 24 Ave & 76 St (Horace Allen School)	2:04pm	3:28pm	5:01pm		7:16pm	8:40pm
16	Coleman: 18 Ave & Hwy 3	2:08pm	3:32pm	5:05pm		7:20pm	8:44pm
17	Coleman: 17 Ave & 70 St	2:10pm	3:34pm	5:07pm		7:22pm	8:46pm
18	Coleman: 17 Ave & 77 St	2:13pm	3:37pm	5:10pm		7:25pm	8:49pm
19	Coleman: 83st & 14 Ave	2:16pm	3:40pm	5:13pm		7:28pm	8:52pm
	Mountainview Pick-up		3:44pm				
20	Blairmore: 20 Ave - Blairmore Mall	2:21pm	3:54pm	5:18pm		7:33pm	8:57pm
21	Blairmore: 20 Ave & 119 St	2:23pm	3:56pm	5:20pm		7:35pm	8:59pm
22	Blairmore: 19 Ave & 124 St (Pete's Park)	2:26pm	3:59pm	5:25pm		7:38pm	9:02pm
23	Blairmore: 20 Ave & 129 St (by Gazebo Park)	2:28pm	4:01pm	5:25pm		7:40pm	9:04pm
24	Frank: 14 Ave & 150 St (Frank Industrial Park)	2:31pm	4:04pm	5:28pm		7:43pm	9:07pm
	Hillcrest shop	2:36pm	4:09pm			7:48pm	
5	Bellevue: 24 Ave & 208 St			5:33pm			9:12pm
4	Bellevue: 213 St (East end of Main St)			5:34pm			9:13pm
3	Bellevue: 28 Ave & 223 St (Bottom of MDM)			5:37pm			9:16pm
2	Bellevue: 27 Ave & 226 St (Crocketts)			5:38pm			9:17pm
1	Hillcrest: 8th Ave & 228 St			5:43pm			9:22pm
	Hillcrest shop			5:44pm			9:23pm

Please arrive at the bus stop 5 minutes prior to scheduled time, as bus may be 5 minutes earlier or later.

**Please Note: Schedule is subject to change.**

**Rider Fees**

5 years and under	FREE
6 years and up	\$3.00
10x punch card	\$24.00

Please have correct change. Change will not be provided.

For up-to-date scheduling information,  
please visit [www.crowsnestpass.com](http://www.crowsnestpass.com)



# Community Directory

## CLUBS, GROUPS & ORGANIZATIONS

### Adult Ladies Hockey

Contact Sue Burgman  
ph: 403-563-8761

### Alberta Healthy Living Program

Central Booking Office  
ph: 403-388-6654  
Crowsnest Pass Health Centre  
One on one and group patient education and for individuals living with or wanting to prevent chronic disease(s).

### Al-Anon

Contact Aggie Mitchell  
ph: 403-562-8537

### Badminton - Adult

Contact Marianne Kutcher  
ph: 403-564-5126  
Wednesdays at Isabelle Sellon School

### Bellecrest Community Association

Contact Pam Vamplew  
ph: 403-563-4174  
e: bellecrestdays@gmail.com  
w: Bellecrest.ca  
f: bellecrest community association  
Organizes Bellecrest Days & other community events, maintains parks & campground. Plants, maintains flowers & Christmas lights.

### Bellecrest Senior Citizens Club

2413 - 213 Street, Bellevue  
Contact Gerrie Keohane  
ph: 403-753-0807  
Hosts recreational activities for seniors.

### CNP Allied Arts Association

Contact Krisztina Wood  
ph: 403-562-2218.  
e: cnpaaa@shaw.ca  
w: crowsnestpasspublicartgallery.com

### CNP Indoor Playground

M.D.M. Community Centre  
ph: 403-562-2360

### CNP Weight Lifting Club

11922 - 22 Avenue, Blairmore  
Contact Denise Coccioloni  
ph: 403-563-0773

### Co-Ed Volleyball 25+

Contact Don Pitt  
ph: 403-562-8693  
Tuesdays at ISS Gym 7 - 9 pm

### Coleman Community Society

Contact Jane Anne Reimer  
ph: 403-563-5408  
Organize community celebrations such as Canada Day, Country Market, Pumpkins & Christmas in the Park.

### Coleman Seniors Drop-In Centre

7801 - 18 Avenue Coleman  
Contact Frank Loseth  
ph: 403-563-3665  
e: cnpcolemanseniors@gmail.com  
Hosts recreational activities for seniors.

### Crowsnest Agricultural Society

Contact Joanne Trotz  
ph: 403-563-5100  
e: trotzj11@telus.net  
w: crowsnestagsociety.com  
fb: Crowsnest Pass Agricultural Society  
Supports and encourages community growth and development through the enhancement of agriculture, recreation and culture.

### Crowsnest Community Choir

Contact Darlene Panek  
ph: 403-564-2393

### Crowsnest Conservation BearSmart

Contact Elizabeth Anderson  
ph: 403-563-0058  
e: e.anderson@telus.net  
w: www.crowsnestconservation.ca  
Bear Awareness & Education, Bear resistant garbage bins, apple exchange network, apple round up, apple tree swap, bear briefs in newspapers.

### Crowsnest Conservation Society

Contact Judy Cooke  
ph: 403-753-2040  
e: office@crowsnestconservation.ca  
w: www.crowsnestconservation.ca  
Provides BearSmart and outdoor education, outdoor education for local schools & "connecting to nature" activities.

### Crowsnest Cultural & Recreation Society

Contact Tim Juhlin  
ph: 403-753-0030  
e: crowsnestcando@gmail.com  
Working towards providing a Cultural and Recreational Complex for the Crowsnest Pass.

### Crowsnest Curling Club

8702 - 22 Avenue, Coleman  
e: crowsnestcurlingclub@gmail.com  
w: crowsnestcurlingclub.ca  
fb: Crowsnest Curling Club  
Welcomes new curlers & has a league and/or drop in for everyone.

### Crowsnest Heritage Initiative

Contact Shar Cartwright  
ph: 403-562-8858  
e: info@crowsnestheritage.ca  
w: crowsnestheritage.ca  
Community group interested in preserving & promoting heritage, resources and increasing tourism traffic and business revenue.

### Crowsnest Mountain Gun Club

Contact Gerald Cotton for memberships  
ph: 403-563-3135

### Crowsnest Quad Squad

ph: 403-562-8686  
e: office@quadsquad.ca  
w: www.quadsquad.ca  
Come join us and make a difference, Ride picturesque South West Alberta with us!

### Crowsnest Pass Boys & Girls Club

ph: 403-562-8664  
e: director@bgccnp.com



# Community Directory

## Crowsnest Pass Citizens on Patrol

Contact Susan Demchuk  
ph: 403-564-4881  
Work in conjunction with the local RCMP as extra eyes in the community doing patrols.

## Crowsnest Pass Chamber of Commerce Association

Contact Sylvia Kilford  
ph: 403-562-7108  
e: office@crowsnestpasschamber.ca  
w: www.crowsnestpasschamber.ca  
fb: The Crowsnest Pass Chamber of Commerce Association  
Local & regional businesses, working together to advance the commercial, financial, industrial & civic interests of our community.

## Crowsnest Pass Creative Minds

Contact Nichole Yanota  
ph: 403-562-7889  
e: artistcollectivestudio@gmail.com  
w: artistcollectivestudio.com  
fb: Crowsnest Pass Creative Minds  
A network of people taking on creative projects and events.

## Crowsnest Pass Cross Country Ski Association

Contact Deb Whitten  
ph: 403-562-8224  
e: cnpcrosscountry@gmail.com

## Crowsnest Pass Eco Museum Trust Society - Bellevue Underground Mine

2531 - 213 Avenue, Bellevue  
Contact Elaine Hruby  
ph: 403-564-4700  
e: bellevuemine@telus.net  
w: bellevueundergroundmine.org  
fb: Bellevue Underground Mine Museum and Underground Mine Tour

## Crowsnest Pass Golf Club

Contact Jason Roth  
ph: 403-562-2776  
e: jason@crowsnestpassgolf.com

## Crowsnest Pass Historical Society

Contact Chris Matthews  
ph: 403-563-5434

## Crowsnest Pass Minor Hockey

ph: 403-563-7797  
e: crowsnestpassminorhockey@hotmail.com  
w: crowsnestpassminorhockey.com  
fb: CNP Thunder Crowsnest Pass

## Crowsnest Pass Minor Lacrosse

Contact Chuck Clarke  
ph: 403-563-7021  
e: chuckchrisclarke@gmail.com

## Crowsnest Pass Minor Soccer

Contact Katherine Mertz  
ph: 403-564-2377  
e: cnpminorsoccer@gmail.com

## Crowsnest Pass Municipal Library

Contact Diane deLauw  
ph: 403-562-8393  
e: help@crowsnestpasslibrary.ca  
fb: Crowsnest Community Library

## Crowsnest Pass Skating Club

Contact Linda Dorge  
ph: 403-563-5229

## Crowsnest Pass Swimming Pool

ph: 403-562-8255

## Crowsnest Pass Symphony

Contact Debbie Goldstein  
ph: 403-753-0312  
Amateur symphony for all ages.

## Crowsnest Pass Wheel Nuts Society

Contact Lou deLauw  
ph: 403-563-8755  
e: ecorunner@hotmail.com  
w: www.cnpss.ca  
fb: CrowsnestPassShowShine Recreation Club for antique/classic car & motorcycle enthusiasts.

## Crow Snow Riders Snowmobile Assoc.

Contact Kelsey Poelt  
ph: 403-563-8545  
e: cnpcrowsnowriders@gmail.com or kelsey-132@hotmail.com  
w: crowsnow.org  
fb: CrowSnow Riders

## Darcy's Nature Walk for Mental Health

ph: 403-707-8574  
e: cnpwalk@gmail.com or  
w: darcynaturewalk.com  
Annual walk dedicated to raising awareness for mental illness & promoting positive wellness through physical activity & nature.

## Ducks Unlimited

Contact Marc Ostrensky  
ph: 403-563-8787  
e: boarder55@shaw.ca  
w: ducks.ca  
Raise awareness and funding for the preservation of wetlands.

## Elks #584 Crowsnest Pass

Contact Al Gehman  
ph: 403-563-3241

## Fish and Wildlife Crowsnest Pass BearSmart

Contact Christy Pool  
ph: 403-563-8723  
e: cnpbearsmart@gmail.com  
w: cnpbearsmart.com  
fb: Fish and Wildlife Crowsnest Pass BearSmart  
Field trained volunteers that work within the community to reduce human/wildlife conflict.

## First Crowsnest Scouts (Beaver/Cubs)

Contact Kate Lockhart  
ph: 403-563-8325  
e: klokhart0976@gmail.com

## Fireman's Park

Contact R. Rinaldi Welding  
ph: 403-562-2511

## Geocaching

e: crowscachers@shaw.ca  
Geocaching is the fun activity of finding "treasures" hidden by other people found with a handheld GPS and coordinates.



# Community Directory

## Hillcrest Fish and Game Protective Association

Contact Colton Newton  
ph: 403-582-1993  
fb: Hillcrest Fish and Game Protective Association  
Meet 1st Wednesday of Oct - June.

## Hillcrest Mines Community Society

Contact Cindy Newman  
ph: 403-564-5245

## Hillcrest Mines Literary & Athletic Club (Miner's Club)

22733 - 7 Avenue, Hillcrest  
ph: 403-564-4646

## Holy Trinity Catholic Women's League

ph: 403-562-2103

## Kananaskis Rodeo Association (KRA)

Contact Joe Trotz  
ph: 403-563-5100  
e: info@kraprorodeo.com  
w: kraprorodeo.com  
fb: Kananaskis Rodeo Association  
The KRA hosts an annual pro rodeo and organizes various western horsemanship clinics, mini rodeo series, community rides & supporting youth in their rodeo & equine ventures.

## Kidsport

Applications available at Community Services Department located at M.D.M Community Centre  
Contact Joanne Drain  
ph: 403-562-8352  
e: jvdrain@shaw.ca  
w: kidsport.ca

## Knights of Columbus (Council #5312)

ph: 403-562-2103

## Kootenay Taekwondo

Contact: Gena Paton  
ph: 403-563-9471  
e: paton4@shaw.ca

## LIONS CLUBS

### Blairmore Lions Club

Contact Don Harvey (President)  
403-582-0141  
12130 - 20 Avenue, Blairmore  
ph: 403-562-8207  
w: e-clubhouse.org/sites/blairmore  
PLay TV BINGO on Shaw Channel 12  
New Members Welcome!

### Coleman Lions Club

Contact Logan Smith  
ph: 403-582-1313  
e: logansmith@hotmail.com

### Multiple Sclerosis Society

Contact Pat Heisie  
ph: 403-562-2994

### Masonic Sentinel Lodge

Contact Jeff Schlender  
ph: 403-563-3573

### Old Crows Recreation Hockey

Contact Gary Collings  
ph: 403-563-5520

### Order of the Royal Purple #159

Contact Frances Kuryluk  
ph: 403-562-8886

### Pass Piranhas Swim Club

Contact Sherri Gleave  
ph: 403-562-2419  
e: sherrigleave@gmail.com

### Pass Pottery Club

Contact Penny Rinas  
ph: 403-562-7474

### Pass Slo-Pitch League

Contact TJ Barlow  
ph: 403-562-2105

### Passtrack Track & Fields Club

Contact: Ritch Braun  
ph: 403-563-5470  
w: www.passtrack.ca  
e: braunr@shaw.ca

## Pistol Club - Crowsnest Pass

Contact Malcolm MacQuarrie  
ph: 403-562-2984  
e: info@cnppistolclub.ca.  
Gun range located in Elk's Hall.

## Ricky Ryp Foundation

ph: 403-562-8727  
w: www.rickyrypfoundation.ca  
e: info@rickyrypfoundation.ca  
Provides funding and or equipment to help further individuals in academics, athletics and arts, as well as individuals and families who suffer hardships through illness, injury, etc.

## Road Watch in the Pass

ph: 403-564-5154  
w: www.rockies.ca/roadwatch

## Rocky Summit Lodge #30

Contact Bob Liddell  
ph: 403-563-3130

## Royal Canadian Air Cadets 859 Squadron

e: 859air@cadets.gc.ca  
fb: 859-Squadron-Royal-Canadian-Air-Cadets

## ROYAL CANADIAN LEGIONS

### Branch # 7 - Blairmore

13609 - 20 Avenue, Blairmore  
ph: 403-562-2182  
e: blairmorelegion@gmail.com  
w: http://blairmorelegion.wix/blairmorelegion  
fb: Blairmore Legion

### Branch #9 - Coleman

7831 - 17 Avenue, Coleman  
ph: 403-563-3964  
e: branch9@shawbiz.ca  
fb: Coleman Legion

### Branch #19 - Bellevue

2401- 213 Street, Bellevue  
ph: 403-564-4644

# Community Directory

## Royal Canadian Legion Ladies Auxiliary

#19 - Bellevue 403-564-4644  
#7 - Blairmore 403-562-2182

## Sentinel Lodge #26

Contact Ken Pagnucco  
ph: 403-564-4373

## Shrine Unit Crowsnest Pass

Contact Jeff Schlender  
ph: 403-563-3573

## S.T.A.R.S. CNP Health Care Centre

ph: 403 562-5011

## Sole Survivor Foot Race Society

Contact Sasha Harriott  
ph: 403-564-5274  
w: solesurvivor.ca

## Take Off Pounds Sensibly Chapter #3421 Crowsnest Pass

Contact Margaret ph: 403-564-4485  
or Rita at ph: 403-562-2547

## Turning Point Dance Studio

Contact Tara Groves  
ph: 403-330-7699  
e: dgroves@telus.net

## Turtle Mountain Riding Club

Contact: Eileen Woolf  
ph: 403-627-2944

## Turtle Mountain Minor Ball

Contact Ken Hamilton  
ph: 403-562-8920 or 403-582-0233  
e: kenham69@shaw.ca  
fb: Turtle Mountain Minor Ball

## United Riders of Crowsnest Pass (UROC)

Contact Andrew Fairhurst  
ph: 403-563-0382  
e: fairhurst75@gmail.com  
Mountain Biking Group.

# COMMUNITY SUPPORT SERVICES

## Alberta Works

Provincial Building  
12501 - 20 Avenue, Blairmore  
ph: 403-562-3285  
Career Development, Income and Employment Support.  
Open Monday - Friday 8:15am - 4:30pm  
Closed 12:00 -1:00.

## Alcoholics Anonymous

12501 - 20 Avenue, (Provincial Building - East door) Blairmore  
Males call: 403-563-5473  
Females call: 403-562-2466  
w: www.aa.org  
Meetings: Sundays & Wednesdays at 8pm.

## Bagatelle Thrift Store

7720 - 17 Avenue, Coleman  
ph: 403-562-7915  
Monday - Friday 10:30am - 4:00pm,  
Saturdays 10:00am - 5:00pm

## Brighter Futures Project

ph: 403-562-8020  
e: brighterfutures@hotmail.com  
Improving the knowledge, skill, confidence and overall functioning of families with children aged 0-6 by providing personal support, social, play and learning opportunities.

## Cancer Support Group

ph: 403-562-8537

## Child & Family Services - Southwest Alberta

ph: 403-562-3285  
After hours contact Child Abuse Hotline 1-800-387-5437  
w: child.gov.ab.ca

## CNP Senior Housing

Contact Susan Demchuk  
ph: 403-562-2102

## Compassionate Friends

Contact Willie Chorney  
ph: 403-563-6343  
e: cnpcompassionatefriends@yahoo.ca  
Self-help organization, offering friendship, understanding, grief education and hope for the future to all parents who have experienced the death of a child at any age, from any cause.

## Crowsnest Community Support Society

8102 - 19 Avenue, Coleman  
Contact James Woodall  
ph: 403-563-3585  
e: ccss-james@telus.net  
Provides vocational & residential support to adults with developmental disabilities.

## Crowsnest Pass Food Bank

11910 - 19th Avenue, Blairmore  
Contact Desiree Simoneau  
ph: 403-564-5110  
e: cnpfoodbank@shaw.ca  
fb: facebook.com/CNPFoodBank  
Provide food to families who need an extra hand.

## Crowsnest Pass Parent Link Centre

Horace Allen School - 2202 - 76 Street Coleman, Room 216  
ph: 403-563-8157  
e: info@cnpparentlink.com  
w: cnpparentlink.com  
fb: Crowsnest Pass Parent Link Centre

## Crowsnest Pass S.P.C.A.

22213 - 9 Avenue, Hillcrest  
ph: 403-564-4999  
e: office@cnpspca.ca  
w: cnpspca.ca

## Crowsnest Pass Women's Resource & Crisis Centre

ph: 403-562-8000  
e: cnpwrc@shaw.ca



# Community Directory

## Victim's Services – Crowsnest Pass

Contact Christine Wagenaar  
ph: 403-562-7098  
e: christine.wagenaar.vanhuffel@rcmp-grc.gc.ca

Community volunteers provide support, information and referrals to victims of crime or tragedy.

## DAYCARES

### Donna's ABC Day Care

ph: 403-562-2373

### Stella's Tot Spot

ph: 403-564-4126

## EDUCATIONAL SERVICES

### Crowsnest Pass Literacy Foundation

Isabelle Sellon School  
Contact Marcy Purcha  
p: 403-562-8816  
e: literacyfoundationhas@gmail.com  
Providing literacy support and education to children and families.

### Crowsnest Consolidated High School

8901 - 20 Avenue, Coleman  
Grades 7-12  
ph: 403-563-5651

### Crowsnest Pass Adult Education

M.D.M Community Centre - Rm. # 3  
Contact Joni MacFarlane  
ph: 403-563-8516  
e: cnpadulted@gamil.com  
w: crowsnesteducation.com  
fb: Crowsnest-Pass-Adult-Education.  
Provides quality lifelong learning and educational support for adults.

### Crowsnest Pass Adult Literacy

M.D.M. Community Centre - Rm. # 2  
Contact Cheryl Cann  
ph: 403-563-8529  
e: cnpliteracy@gmail.com  
w: crowsnesteducation.com

## Family School Liaison Counsellor

ph: 403-562-8816  
ph: 403-563-3998

### Horace Allen School

2002 - 76 Street, Coleman  
Grades K-3  
ph: 403-563-3998

### Isabelle Sellon School

12602 - 18 Avenue, Blairmore  
Grades 4-6  
ph: 403-562-8816

### Kids Kollege Nursery School

M.D.M. Community Centre  
For children ages 3 – 5  
Contact Jo at 403-562-8595 or  
Monique at 403-562-2456

### Livingstone Range School District

ph: 1-800-310-6579

### Nippon Institute of Technology

13437 - 20 Avenue, Blairmore  
Contact Phil Cann  
ph: 403-562-7704  
e: nit@shaw.ca  
Operates year-round school for  
Japanese Post-Secondary Students

## EMERGENCY SERVICES & HOT LINES

### Aids/HIV/STD's

ph: 1-800-772-2437

### Alberta Health Services Addictions and Mental Health

ph: 403-562-5041  
Health Link - 811

### Alberta Mental Health - Blairmore

ph: 403-562-5040

### Alberta One-Call

ph: 1-800-242-3477

## Ambulance

ph: 911

## Child Abuse Hot Line – 24 Hours

ph: 1-800-387-5437

## Crime Stoppers

ph: 1-800-222-8477

## Distress Line

ph: 1-888-787-2880

## Emergency Social Services

ph: 1-800-638-0715

## Fire Departments

ph: 911

## Food Safety Information Line

ph: 1-800-892-8333

## Forest Fires – Emergency Calls

ph: 310-FIRE

## Gambling Helpline

ph: 1-866-332-2322

## Hospital - Crowsnest Pass

ph: 403-562-5011

## Income & Employment Programs

ph: 403-562-3285

## Kids Help Phone

ph: 1-800-668-6868

## Narcotics Anonymous

ph: 403-583-2078

## Poison Centre

ph: 1-800-332-1414

## RCMP (Emergency Only)

ph: 911

## RCMP 24 Hour Dispatch

ph: 403-562-2866  
Report a Poacher  
ph: 1-800-642-3800

## Rescue Squad

ph: 911



# Community Directory

## MUNICIPAL CONTACTS

### Municipality of Crowsnest Pass

ph: 403-562-8833

[www.crowsnestpass.com](http://www.crowsnestpass.com)

8502 - 19th Avenue Coleman

Box 600 Blairmore AB T0K 0E0

For inquiries regarding Municipal bylaws and services such as utility accounts, taxes, business licenses, fines for minor traffic violations, building permits, burning permits, dog licenses, development appeals, taxation appeals, and map sale.

### Chief Administrative Officer

Sheldon Steinke

e: [cao@crowsnestpass.com](mailto:cao@crowsnestpass.com)

### Building Inspector

John Hawkins

e: [binspector@crowsnestpass.com](mailto:binspector@crowsnestpass.com)

### Community Peace Officer

Mike Wilson

e: [peaceofficers@crowsnestpass.com](mailto:peaceofficers@crowsnestpass.com)

### Director of Community Services

Lyle Hannan

e: [lyle.hannan@crowsnestpass.com](mailto:lyle.hannan@crowsnestpass.com)

### Development Officer

Lisa Kinnear

e: [documents@crowsnestpass.com](mailto:documents@crowsnestpass.com)

### Director of Public Works, Engineering & Operations

Patrick Thomas

e: [operations@crowsnestpass.com](mailto:operations@crowsnestpass.com)

### Director of Finance

Ola Oladele

e: [finance@crowsnestpass.com](mailto:finance@crowsnestpass.com)

### Manager of Protective Services Fire Chief

e: [firechief@crowsnestpass.com](mailto:firechief@crowsnestpass.com)

## RELIGIOUS SERVICES

### Church of Jesus Christ of Latter Day Saints

ph: 403-564-5260

2805 - 214 Street, Bellevue

### Coleman Christian Assembly

1802 - 77th Street, Coleman

ph: 403-563-5388

### Crowsnest Community Christian Centre

8534 - 24th Avenue, Coleman

ph: 403-563-3537

### Crowsnest Community Baptist Church

11938 - 20th Avenue, Blairmore

ph: 403-562-8112

### Holy Trinity Catholic Church

13126 - 21 Avenue, Blairmore

ph: 403-562-2103

### International Prayer Centre

2456 - 213 Street, Bellevue

ph: 403-564-4994

### Jehovah's Witness Kingdom Hall

14929 - 20 Avenue, Frank

403-563-3704

### Justice of the Peace

ph: 403-563-5012

Jeanine Trotz

### Grace Anglican United Church

13307 -20 Avenue, Blairmore

ph: 403-562-8589

Rev. Janni Belgum

Sunday Services at 10:00am

## TOURISM & BUSINESS

### Community Futures Crowsnest Pass

Room 180, 12501 - 20th Avenue

Box 818 Blairmore AB T0K 0E0

Contact Shar Cartwright

ph: 403-562-8858

e: [communityfuturescnp.ca](mailto:communityfuturescnp.ca)

Hours: Monday thru Thursday 8:30am

to Noon & 1:00pm to 4:30pm

(Fridays closed at 3:00 p.m.)

Community Futures Crowsnest Pass

sponsored by Western Economic

Diversification. The following services

are provided: Business start-up and

expansion assistance; loan funding

available to qualifying businesses;

business resource library.

### Crowsnest Pass Chamber of Commerce

Contact Sylvia Kilford

ph: 403-562-7108

e: [office@crowsnestpasschamber.ca](mailto:office@crowsnestpasschamber.ca)

w: [crowsnestpasschamber.ca](http://crowsnestpasschamber.ca)

12707 - 20th Avenue, Blairmore

Box 706 Blairmore AB T0K 0E0

Hours: Tuesday - Friday 9am-3:30pm

The Crowsnest Pass Chamber of

Commerce's goal is to encourage

growth and prosperity of the whole

community by promoting tourism,

identifying business opportunities

and encouraging new and existing

business.



# Fall & Winter Events 2016-2017

## SEPTEMBER

**September 7, 2016**

**Fall/Winter Community  
Registration Night**

M.D.M Community Centre

6:00 - 8:00 pm

Contact: Tracey at 403-563-2208 for more information.

**September 9 - 11, 2016**

**Crowsnest 3 on 3 Hockey Challenge**

Novice, Atom & Pee Wee teams.

Contact Tracey at 403-563-2208

**September 10, 2016**

**CNP's Amazing Teen Race**

Teams of 4 youth race around the community competing in challenges, Join us at Pete's Park to cheer on teams as they cross the finish line. BBQ to follow. For more info contact Katherine at 403-563-8852.

**September 15 - 17, 2016**

**2016 WHL Thunder Challenge**

Coleman Sports Complex

Come out and watch your favorite WHL teams battle it out!

**September 15 at 7:00 pm**

**Kootenay ICE vs Lethbridge Hurricanes**

**September 16 at 7:00 pm**

**Lethbridge Hurricanes vs. Calgary Hitmen**

**September 17 at 7:00 pm**

**Calgary Hitmen vs Kootenay ICE**

Coleman Sports Complex

Cost: \$12.00 per game at the door or \$10.00 from a minor hockey parent.

**September 17, 2016**

**Healthy Parents, Healthy Children  
Infant & Toddler Conference**

M.D.M Community Centre

10:00am - 3:00pm

A free day event with breakout sessions, demonstrations, door prizes, free lunch, free childcare provided (6 & under) Key note presentation from Dr. Robbin Gibb and Lavonne Rideout. For more info or to register contact Kayla at 403-394-5260

e: kayla@cnpparentlink.com

**September 17, 2016**

**Snowmobile Swap Meet**

12915 - 13005 19 Avenue Blairmore

If you are wanting to sell/buy snowmobiles, parts, gear and trailers, come on down to the Crow Snow Riders Snowmobile Swap Meet.

Contact 403-563-0428 for more info.

**September 17, 2016**

**Sole Survivor Foot Race**

Starts at Pete's Park

11:00am

www.solesurvivor.ca

**September 24, 2016**

**Harvest of Memories**

M.D.M Community Centre

6:00 pm

An evening of food, fun & friends in support of Crowsnest Historical Society.

For ticket & event information, contact

Crowsnest Museum & Archives

403-563-5434.



**September 30- October 2  
2016**

**Alberta Cultural Days**

Allied Arts, Frank Slide Interpretive Centre, Crowsnest Museum &

Archives.

## OCTOBER

**October 2, 2016**

**M is for Music**

Public Art Gallery

2:00 pm

5th annual concert, courtesy of CNP

Allied Arts Association and all local

musicians celebrating Alberta Culture

Days. This is a great performing

opportunity for music students and

musicians of all ages. If you are

interested in performing, or know

someone who would be, let us know

in advance. Free admission.

Contact 403-562-2218 for more info.

**October 7, 2016**

**Coleman Legion 90th Birthday**

Coleman Legion - 7831 - 17 Avenue

Join us at 6:00pm as we celebrate 90

years of community service as Alberta's

first Legion! Prime Rib Dinner at

7:00pm. Tickets on sale at the Legion

- \$30.00 each or \$55.00 /couple.

Call 403-563-3964 for more info.

**October 7 & 8, 2016**

**Blessing of the Hunt - Camo Fest**

M.D.M Community Centre

Celebrating the hunting and fishing outdoor lifestyle that we are privileged to enjoy and experience in our area.

**Friday - 7:30 pm**

**Hunting Film Tour**

M.D.M Community Centre

For outdoors enthusiasts of all ages!

Enjoy exciting story driven content

from hunting adventures around the

globe, big game archery, rifle hunts,

exotic international quests to wing

shooting and water fowl. Free Event!

**Saturday - 10:00am - 5:00pm**

**Hunting & Fishing Expo**

Outdoor lifestyle vendors, archery

competition, kids activities and

demonstrations. Free Admission.

**Saturday - 6:30 pm - 2:00am**

**18+ Event**

Hypnotist - JayDee followed by live

Band - The Chevelles

Tickets on sale NOW at Sears & from

CNP Ag Society Members, \$25.00

each. For more info visit; www.

blessingofthehunt.ca

**October 14 & 15, 2016**

**M.Arty's Market**

Public Art Gallery

Friday 2:00 pm - 8:00 pm

Saturday 10:00 am - 4:00 pm

An annual two day art market

Contact 403-562-2218 for more info.

**October 29, 2016**

**Family Halloween Spooktacular**

M.D.M Community Centre

11:00 am - 1:00 pm

Come dressed in your costume & join

us for some fun! A free family event!

Contact 403-562-8020 for more info.

## NOVEMBER

**November 1, 2016**

**Pumpkins in the Park**



Flumerfelt Park

7:00 pm - 9:00 pm

Jack o lanterns can be brought to

Flumerfelt Park in Coleman that

afternoon. Hot chocolate & coffee are

served free of charge.



# Fall & Winter Events 2016 - 2017

**November 4 & 5, 2016**

## 18th Annual Christmas in the Mountains & Home Business Event.

Elk's Community Hall  
Friday - 2:00 pm - 9:00 pm  
Saturday - 10:00 am - 5:00 pm  
For table rentals contact Francis at 403-562-8886. Sponsored by the CNP Royal Purple Lodge Society.

**November 12, 2016**

## Pass Powerkeg Ski Swap & Sale

Elk's Hall (Blairmore)  
There are always great deals on new and used equipment skis, snowboards, boots, bindings, poles, nordic gear, clothing and more! Season Passes & merchandise will also be on sale!

Equipment drop off:  
Friday: 5:00 pm - 7:30 PM

Ski Swap:  
Saturday: 10:00 am - 1:30 pm

For more information, please contact 403-562-8334 or  
e: lyle.hannan@crownsnestpass.com

## DECEMBER

**December 2-4, 2016**

### Christmas in the Mountains

A weekend celebration, welcoming the start of the Christmas Season for the whole family! Events include a Friday evening Christmas Parade, Christmas tree lighting, evening shopping, Festival of Lights community display contest, Christmas Gift Market, pictures with Santa & free public skating! Join us for all this and MUCH MORE! Contact 403-562-7108 for more info.

**December 4, 2016**

### Christmas in the Park

Flumerfelt Park  
5:00 pm - 7:00 pm  
Wagon rides offered through downtown Coleman, Santa, Hot dogs for sale, with all proceeds going to the local Food Bank. Free Hot chocolate, coffee & cookies, which can be enjoyed by the bonfire. Contact Jane Ann Reimer at 403-563-5408 for more information.



**December 11, 2016**

### Santa in the Park

Royal Canadian Legion - Bellevue  
2:00 pm - 4:00 pm  
Join Santa in a fun afternoon of games for the kids, fire engine rides, food and more!  
Contact 403-563-8352 for more info.

**December 18, 2016**

### Santa Skate

Coleman Sports Complex  
2:30 pm - 3:45 pm  
Family Fun Skate. Special Appearance by Santa Claus. Free hot chocolate!

## JANUARY



**January 28, 2017**

### Flight of the Loppet

Allison-Chinook Recreation Area  
A citizen race where participants ski a set course in the spirit of friendly competition. Course ranges from 1.5 km to 18 km in length. There are also children's fun races. Registration includes a light lunch.  
Contact Deborah Whitten  
e: cnpcrosscountry@gmail.com

**January 28, 2017**

### Crow Snow Riders Poker Rally

Location TBA  
Come on out and try your hand at Poker at our annual Poker Run. A groomed family friendly trail. Check us out on Facebook for more details regarding staging area.  
Contact 403-503-8545 for more info.

## FEBRUARY

**February 11, 2017**

### Pass Powderkeg John Spina Memorial Torch Light Parade

Contact 403-562-8334.

**February 20, 2017**

### Family Day

Alberta Stella Arena  
12:00 pm - 3:00 pm  
Fun, food and activities for all families.  
Contact Kim Lewis at 403-563-2207 for more information.

**February 24 -26, 2017**

### Wintervention

Fun filled weekend for the entire family. Some events include; Human Dog Sled Races and Frying Pan Toss, More events to be announced!  
Contact 403-563-0183 for more info.

**February 25, 2017**

### Annual Chili Bowl Festival

Public Art Gallery  
11:00am - as long as the chili lasts.

**February 25, 2017**

### CANDO Society Dance, Dinner & Silent Auction

M.D.M Community Centre  
Tickets on SALE at Blairmore  
SCOTIABANK September 1, 2016.

## MARCH

**March 11, 2017**

Pass Powderkeg Dummy Downhill  
Come out and watch the home made dummy contraptions speed down the hill. Get creative and build your own dummy skier or snowboarder!  
Contact 403-562-8334

**March 17 & 18, 2016**

### Shamrock Mixed Bonspiel

Coleman Sports Complex  
Mixed Bonspiel with a "Shamrock" theme! Dress in green and join us for a fun bonspiel. Contact Bev Pisony at 403-563-7210 for more information.



**March 22, 2016**

### Spring/Summer Community Registration Night

Albert Stella Memorial Arena  
6:00pm - 8:00pm  
Contact Tracey at 403-563-2208 for more information.

**March 18, 2017**

### Pass Powderkeg Retro Day

Dig deep and find your best "Retro" ski gear. Join us for some skiing and retro Fun! Contact 403-562-8334 for more info.

**March 26, 2017**

### Pass Powderkeg Slush Cup

Are you brave enough to ski or ride into a pool of ice cold slush water? Come as a participant or as a spectator!  
Contact 403-562-8334 for more info.





MUNICIPALITY OF CROWSNEST PASS

# Community Guide

Fall/Winter 2016



## ENDLESS WINTER FUN!



[www.crowsnestpass.com](http://www.crowsnestpass.com)